

Black Bean Soup



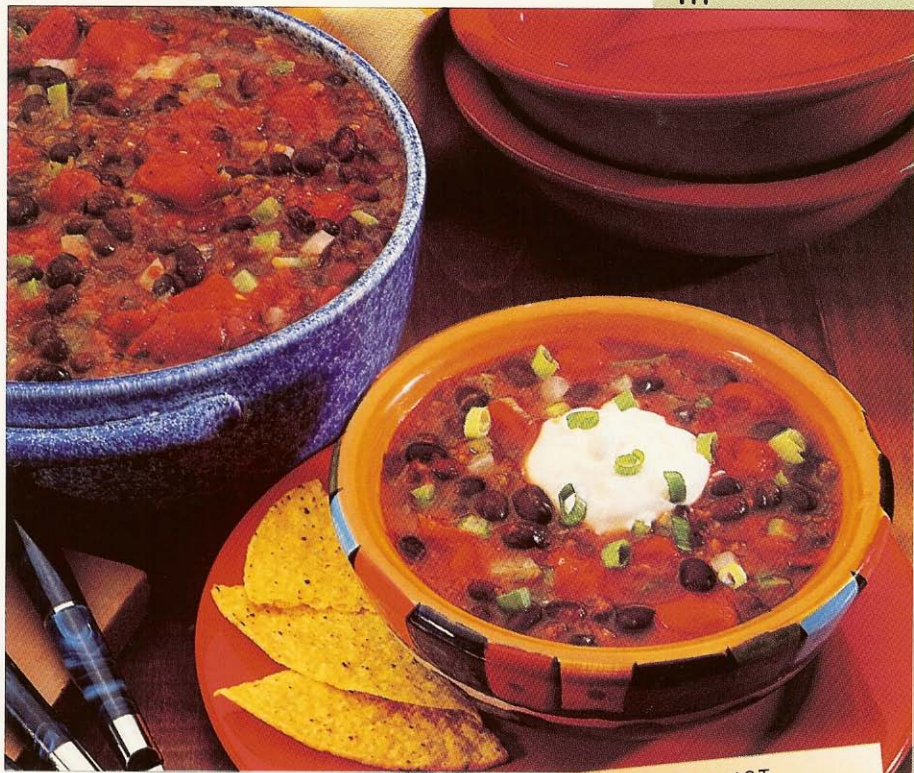
PREPARATION TIME
10 minutes



COOKING TIME
25 minutes



PERFECT PARTNER
beef tamales



SHOPPING LIST

- celery • bell pepper
- black beans • coriander
- stewed tomatoes • sour cream

ON HAND

- onion • garlic • olive oil • salt
- pepper • ground cumin

MONEY
Cook's
SAVER

Canned black beans may save time and be convenient, but cooking your own beans will save money. Canned beans cost more than double the price of cooking dried black beans.

Black Bean Soup

INGREDIENTS

- 3 tablespoons olive oil
- 1/2 medium onion, finely chopped
- 1/2 cup finely chopped celery
- 1/2 medium green bell pepper, finely chopped
- 1 clove garlic, finely chopped
- 1 cup water
- 3 tablespoons olive oil
- 2 (15-ounce) cans black beans
- 2 (15-ounce) cans Mexican-style stewed tomatoes
- 1/2 teaspoon cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 cup sour cream

SERVES **4**

COOK'N
Xpress

• If you cannot find Mexican-style stewed tomatoes, substitute 1 can stewed tomatoes and 1 small can diced green chiles.

Make Ahead

You can combine all ingredients through step 2 up to 4 hours in advance.

◆ VARIATION

For a pretty presentation, top each serving with chopped fresh cilantro and chopped green onions.

1 Heat olive oil in a medium skillet. Add onion, celery, bell pepper and garlic. Sauté until vegetables are tender, about 5 minutes.



2 Drain and rinse beans. Combine sautéed vegetables, beans, water and undrained tomatoes in a large saucepan. Stir in cumin, coriander, salt and pepper.

3 Cook, stirring occasionally, over medium-low heat for 15 minutes. Spoon 1/2 of bean mixture into a blender container. Process until puréed. Return to saucepan.



4 Cook soup, stirring occasionally, until heated through, about 5 minutes. Ladle into soup bowls. Top each serving with 1 tablespoon sour cream.