

Sopa de Frijoles Negros (black bean soup)

Ingredients

500g black beans (sometimes called black turtle beans)

1 bay leaf

Sofrito

3 *tbsp olive oil*

1 large onion diced

2-4 cloves of garlic chopped

1 medium capsicum seeded and diced

1 tsp dried ground cumin

2 *tbsp vinegar*

1 chilli (optional)

salt and pepper to taste

Method

Place beans in bowl and soak in cold water overnight (cover with 1-2 inches of water over the top of the beans). Next day rinse and place beans, bay leaf and water (still cover 1-2 inches over the top of the beans) in a large saucepan or slow cooker. Bring to the boil, then reduce heat and cook covered for approx. 2-3 hours. Remove bay leaf.

In a large heavy fry pan, heat oil. Saute in olive oil the garlic, onion, until soft. Add vinegar, cumin and chilli, cook for 2 minutes. Add the *sofrito* to the beans, mix well and cook over low heat for about 30-40 minutes. Season to taste.

Allow bean mix to cool and blend to a smooth consistency. Place back into the saucepan to reheat. Serve with a side dish of cooked white rice, finely chopped smoky ham and finely chopped raw onion.