



FARMERS MARKET

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Cuban Black Bean Soup

Serves 6 - 8

Ingredients

- 1 tbl. olive oil
- 2 medium-sized onions, chopped
- 1 medium-sized red bell pepper, chopped
- 1 medium-sized green bell pepper, chopped
- 4 garlic cloves, minced
- 4 tsp. ground cumin
- 1 tbl. ground coriander
- ½ tbl. ground turmeric
- 1 16-ounce package dried black beans
- 1 tbl. chopped chipotle chiles from a can (this gives it a solid kick, dial back if you are wary)
- 7 cups chicken stock or water
- 2 tbl. fresh lime juice
- 2 tsp. coarse kosher salt
- ¼ tsp. ground black pepper

- ½ tbl. ground cumin seeds
- 1 cup Mexican crema, crème fraiche or sour cream

Instructions:

Make the soup on the stove: Heat oil in the bottom of a 5-quart or larger Dutch oven or stock pot over medium-high heat. Add onions and both bell peppers and sauté until beginning to brown, about 8 minutes. Add garlic, cumin, ground coriander and ground turmeric; stir for one minute. Add beans and chipotles, then 7 cups of water. Bring to a full boil, boil for 1 minute, then reduce heat to a gentle simmer, partially cover pot, and cook until beans have softened, about 2 to 3 hours. (These times can vary a lot depending on the age of the beans and kind of water).

Mix the ground cumin with the Mexican crema and refrigerate until ready to serve.

When beans are cooked, puree the mixture in batches in a blender until all the soup has been pureed. Stir in lime juice, salt and pepper. Adjust seasonings as needed. Ladle soup into bowls and spoon a dollop of the Mexican crema over each bowl.

Cook's Note: You can completely puree this soup or choose to puree only half of it. It depends on the texture you enjoy.

Cook's Notes

You can certainly make Jeweled Tabbouleh with just the cracked wheat, which would be traditional. I used the wheat berries because I like the 'chew' factor that they add. Wheat berries and bulgur are available in most large grocery stores, and all health food and gourmet markets. Sometimes you'll find them in the bulk bins.

You can substitute other 'jewels' if you like...dried cranberries, walnuts, cashews, dates, or dried figs would all be good. Again, the bulk bins are good because you can take exactly the amount you need without having to buy a big package of each ingredient.

Credit: Elizabeth Geary