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Cuban Style Black Bean Soup

Servings: 4

Ingredients

- 1 lb. (450 gm) dry black beans or 2 15.5oz (439 gm) cans black beans*
- 1 medium chopped onion, approx. 1 cup
- ½ large red/green bell pepper
- 3-4 garlic cloves
- 1 large bay leaf
- 1 tsp (5 mL) oregano (Dominican or Mexican is best)
- ½ tsp (2.5 mL) ground cumin
- ¼ cup (60 mL) olive oil
- 1 tsp (5 mL) salt
- 1 ½ tsp (7.5 mL) sugar
- 1 tsp (5 mL) wine vinegar or ¼ cup (60 mL) red, white wine or sherry

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Directions

If using dry black beans, cook them on medium/medium-low heat in 10 cups of water until soft*.

Mash the garlic with oregano, cumin and crushed pepper and set aside.

Heat the oil and sauté the onion with salt on medium heat for 2 minutes.

Add the bell pepper and stir until it is cooked. About 2 minutes.

Add bay leaf and garlic mixture. Sauté for 1 minute.

Add the cooked beans. If using canned beans, add 1 ½ cans. Mash the other ½ can, mixed with one can of water, and add. Simmer (10 minutes).

Add the sugar and the wine vinegar. Simmer for 5 minutes. Just before serving add ½ teaspoon olive oil.



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- Optional: ½ teaspoon (2.5mL) crushed red pepper or to taste

*Substitute part of black beans with kidney, cannellini, or navy bean if necessary.

*If using canned beans, this soup is enough for four people (1 cup each) when served with white rice. If it is served as a soup, you need to double the recipe. You may add cheddar or mozzarella cheese when ready to eat.

Reduce cooking time of dry beans by soaking them overnight or with a quick-soak method: pour beans into a pot, bring to boil and boil for a few minutes. Let sit in hot water for 1 hour. For both methods, drain soak water and then cook as instructed above.



Recipe Submitted by: Dayci Chivukula
Soaking tips courtesy of MasterClass.com

To watch Dayci make this dish, visit www.middlesexcountynj.gov and search "Share Your Foodways"

Share Your Foodways is a project of The Folklife Center of New Jersey, with support by the Middlesex County Board of Commissioners and the New Jersey State Council on the Arts, a partner agency of the National Endowment of the Arts.



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