

# Cuban Black Bean Soup

Source: Eat Vegan on \$4 a Day by Ellen Jaffe Jones

In this Caribbean classic, black beans are traditionally used to make a little meat go a long way when it's in short supply or too expensive. You'll never miss the meat in this version; the soup is quite tasty without it.

## About the Recipe

**Calories · Protein · Fiber**

**Gluten-free · Nut-free**

## Ingredients

***Makes 4 Servings***

- 2/3 cup black beans
- 2 cups water
- 1 white onion
- 1 green bell pepper
- 3 garlic cloves
- 1 Tbsp vegetable bouillon
- 1 14.5 oz can unsalted diced tomatoes
- 1 4-oz can diced green chilies
- 1 tsp cumin

## Directions

1. Rinse and soak the black beans.&nbsp;
2. Drain the soaked, raw beans and put them in a large soup pot. Add the low-sodium vegetable broth and bring to a boil over medium-high heat. Decrease the heat to medium-low, cover, and cook for 1 1/2 hours, or until the beans are tender.&nbsp;

3. When the beans are cooked, stir in the chopped onion, chopped bell pepper, and minced garlic. Increase the heat to high and cook, stirring frequently, for about 5 minutes.&nbsp;
4. Stir in the optional tomatoes, undrained chilies, and cumin. Decrease the heat to low and simmer, stirring occasionally, for about 15 minutes, or until the flavors are blended.&nbsp;
5. Serve hot, garnished with the reserved onion.
6. Tip: This soup will keep for 1 week in the refrigerator, so double the recipe if you like.