



MacPhee Centre for Creative Learning

Brazilian Black Bean Soup



INGREDIENTS

2, 500ml cans of black beans
6 cups water
4 cups chopped onion
4 tbsp olive oil
10 cloves of garlic, crushed or chopped
2 medium carrots, chopped
2 medium bell peppers, diced
1/2 cup orange juice
2 tbsp. cumin
2-3 tsp salt
pepper to taste
cayenne pepper to taste
1, 796ml can of diced tomatoes

INSTRUCTIONS

1. Heat olive oil in a large saucepan.
2. Add onion, half the garlic, cumin, salt, and carrots. Saute over medium heat until carrots are just tender.
3. Add remaining garlic and bell peppers.
4. Saute until everything is very tender, another 10-15 minutes.
5. Add beans and stir.
6. Stir in orange juice, black pepper, cayenne, and tomatoes.
7. Puree all or some of the soup in a blender, and return to the saucepan.
8. Simmer over very low heat, 10-15 minutes more.
9. Serve topped with an artful arrangement of sour cream, cilantro, and salsa.



enjoy 