

BLACK BEAN SOUP

(Pressure / Multi-Cooker Method + Stovetop Method)

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KITCHEN



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Pressure or multi-cookers are great tools to have available for those times when time is of the essence. They work wonders for soup, stew, chili, braised dishes - just about any one-pot meal. This recipe creates a flavorful, tummy warming, satisfying entrée or side dish. Prepared it ahead so it's ready for lunch or dinner any day of the week. Pair it with a fresh salad or serve over a bed of whole grains. It also makes a nice addition to an appetizer party served in mini cups.

If you have time for a slower cooking approach, the soup can also be easily **prepared in a pot on top of the stove** using a **traditional soup making method** - saute/lightly brown vegetables, deglaze pan with the cider, add seasonings, beans, and broth, cover and simmering for 35 - 45 minutes before pureeing, add the lime juice at end of cooking time.

Makes approximately 6 cups

INGREDIENTS

1 tablespoon olive or avocado oil
1 small to medium onion, diced
1 large carrot, peeled and diced
1 medium red, yellow or orange bell pepper, diced
4 cloves of garlic, peeled and minced
1 teaspoon grated fresh ginger or ginger paste
1/3 cup apple cider (no added sugar) or dry sherry
2 teaspoons ground cumin
1 teaspoon chili powder
1/2 teaspoon sweet curry powder
1/4 teaspoon nutmeg
3/4 teaspoon Kosher salt
1/4 teaspoon ground black pepper
2 cans (15 oz each) black beans, drained and rinsed
32 ounces vegetable broth
1 tablespoon lime juice

DIRECTIONS

1. Using a pressure or multicooker, place the oil into the inner pot. Select the "sauté" or "brown" setting (medium heat). When the oil is hot, add the onion, carrot and bell pepper. Sauté until onions are translucent and veggies are lightly browned, about 2 - 3 minutes.
2. Add the garlic and ginger, continue to sauté for another 30 seconds. Add the cider or sherry and scrape the brown bits from the bottom of the pan (i.e. deglaze the pan). Turn the cooker off temporarily.
3. Add the cumin, curry, nutmeg, salt, pepper, black beans and vegetable broth. Stir to combine. Place the lid on top and secure, making sure the pressure-release valve is closed to

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pressure cook. Reset the cooker to “pressure cook”, “high”, for 6 minutes. When the time expires, allow the pressure to naturally release for 10 minutes (unplug the cooker and allow steam to escape on its own). Turn the valve to “quick release” after the 10 minutes have passed, releasing any remaining pressure.

4. Using an immersion blender or regular blender, puree the soup until smooth. Stir in the lime juice. Serve immediately or cool and store for later use. Soup may be refrigerated for up to 1 week or frozen for up to 2 months.

Garnish with diced avocado, pico de gallo, salsa, roasted or grilled corn, for fresh herbs, as desired.