
Black Bean Soup III

*Chef Nicolas Maisonnét - Miramar at the Quay Restaurant - Sarasota, FL
Sarasota's Chef Du Jour - 1992*

Servings: 4

1 pound dry black beans
2 medium onions, diced small
1 medium green pepper, diced small
1/4 cup fresh chopped garlic
2 heaping teaspoons cumin
1 cup olive oil
1 1/2 teaspoons sugar
3 bay leaves
1 1/2 teaspoons white pepper
2 teaspoons salt
2 quarts water, enough to cover the beans plus two inches of water.

Wash the beans with cold water. Place the beans in a saucepan with the two quarts of water. Bring to a boil. Remove from the heat. Cover.

In a frying pan at medium heat, add the olive oil. When hot, add the chopped garlic. Saute' until golden brown. Add the chopped onions and green pepper. Add all of the spices except for salt and sugar. Saute' this mixture for about 10 minutes. Add to the saucepan with the beans. Add the salt and sugar. Cover.

Cook at medium heat for about one hour or until the beans are tender.

Serve over a bed of white rice with chopped raw onions.

Soups, Chili, Stew

Per Serving (excluding unknown items): 526 Calories; 55g Fat (91.3% calories from fat); 2g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1087mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 11 Fat; 0 Other Carbohydrates.