

## **Black Bean Soup**

### **Ingredients**

50ml rapeseed oil  
2 large onions, diced  
4 fat cloves of garlic chopped  
1tsp ground cumin  
1tsp ground coriander  
1tsp dried oregano  
1 bay leaf  
225g dried black turtle beans soaked in water overnight then drained  
2x400g tins chopped tomatoes  
1tbs tomato puree  
1 scant teaspoon tabasco  
1 bunch fresh coriander, chopped  
1.75 litres vegetable stock (from vegetable bouillon)  
Salt and pepper to taste

### **Garnish**

110g sour cream  
2 tomatoes, diced  
1 avocado peeled and diced  
1 tbsp lemon juice  
A few fresh coriander leaves

### **Method**

- Heat the oil in a large pan and saute the onion and garlic for 5 mins until soft but not brown
- Stir in the spices, dried oregano, bayleaf and beans and saute for 5 mins
- Add canned tomatoes, tabasco, fresh coriander, and vegetable stock, bring to the boil, then simmer very gently for 3hrs
- Discard the bayleaf, put aside half of the beans and puree the remainder of the soup until smooth, put through a sieve into a clean pan, add the reserved beans and season to taste.
- Reheat and serve with a swirl of sour cream and a spoonful of the mixed garnish ingredients.

**NB: My recipe says serve with a shot of dry sherry!**

