

C⁴urried Black Bean Soup

Breslin Farms, www.breslinfarms.com

2 c. black beans (1 c. dry) 1 ancho chile 1 puya or guajillo chile, dried and/or roasted 1 bay leaf	Soak beans overnight, change the water, then cook with chiles & bay leaf until soft. Strain, but keep the liquid in reserve.
0.25 t. cardamom seed 1 t. coriander seed 1.5 t. cumin seed 0.5 t. peppercorns 0.5 t. mustard seed	Dry toast the spices over medium heat, let cool, then grind together. If using any pre-ground spices, increase quantities slightly, add last and toast sparingly.
2 T. clarified unsalted butter or olive or coconut oil	Add to ground spices and heat.
1 c. onion, chopped 5 large garlic cloves, chopped 1 c. carrot, chopped	Add veggies to hot spice/butter mixture and saute on med-low heat until onions are soft & translucent.
1 cuban oregano leaf, finely chopped	Add beans to spice/veggie mixture. Then add cuban oregano.
2 c. pot liquor	Add back 2 c. of bean cooking water - or more, for desired consistency. Let the soup simmer for a while so the flavors can blend.
0.5 t. salt	Add salt to taste.
<i>Serving suggestions:</i>	
1 c. wheat berries (1/2 c. dry) some sour cream or yogurt 1 green onion, chopped 0.25 c. cilantro, chopped 1 T. lime juice, fresh squeezed if possible	Serve over a spoonful of cooked wheat berries (may be soaked or sprouted beforehand if desired). Top with a dollop of dairy and pinch of greens dressed in lime juice.

Key: t. = teaspoon, T. = Tablespoon, c. = cup

*This soup made its debut at Soup and Bread night at the Hideout on January 9, 2013.
Special thanks to Sam Random for his ideas & influence on this recipe.*