

Smoky Black Bean Soup

Makes 6 Servings

Recipe Adapted from: [EatingWell](#)

Ingredients

1 pound dried black beans (2 cups)
2 tablespoons extra-virgin olive oil
2 medium onions, finely chopped
1 red bell pepper, finely chopped
2 large stalks celery, chopped
1 jalapeño pepper, seeded and finely chopped
3 large cloves garlic, minced
1 tablespoon ground cumin
4 cups water
2 cups brewed coffee (decaf)
1 ham hock (optional)
1 bay leaf
1 teaspoon salt, plus more if needed
plain Greek yogurt for garnish
Chopped fresh cilantro for garnish



Directions

1. Pick over beans; rinse well. Place in a large bowl with cold water to cover by at least 2 inches. Let soak for at least 6 hours or overnight. Or use the quick-soak method: Cover the beans with 2 inches of water and bring to a boil; simmer 2 minutes. Remove from the heat and let stand, covered, for 1 hour. Drain.
2. Heat oil in a Dutch oven over medium-high heat. Add the onions, bell pepper, celery, jalapeño and garlic and cook, stirring frequently, until the vegetables are beginning to brown, 5 to 8 minutes. Add cumin and cook, stirring, 1 minute more. Add the beans, water, coffee, ham hock (if using) and bay leaf; cover and bring to a boil, stirring occasionally. Reduce the heat, keep covered and simmer until the beans are very tender, about 1 ½ hours. If using, remove the ham hock and set it aside to cool; remove the bay leaf. Stir in salt.
3. Puree with an immersion blender in the pot until fairly smooth, or to desired consistency. If desired, cut meat off the ham hock, trim away any fat and chop the meat into small pieces; stir back into the soup.
4. Serve the soup with a dollop of yogurt and cilantro, if desired.

Nutrition Facts Per serving (without garnish): 330 calories, 6g fat, 410mg sodium, 54g carbohydrates, 14g fiber, 18g protein