
Black Bean Soup (La Zaragozana)

Joan Relfier - New York

North American Potpourri - Autism Directory Service, Inc - 1993

1 pound black beans
2 quarts water
2 tablespoons salt
2 large (one pound each) Bermuda onions, diced
1 very large (1/2 pound) green pepper
12 ounces olive oil
5 cloves garlic
1 1/2 teaspoons oregano
1 1/2 teaspoons cumin
4 ounces white vinegar
1/2 cup uncooked rice

Soak the beans overnight in water to cover. Next day, drain and rinse the beans. Place the beans in a large kettle with two quarts of water and two tablespoons of salt. Boil, covered, until the beans are soft, about three hours.

In a skillet with five ounces of oil, fry half of the onions with the green pepper until the onions are brown.

In a bowl, crush the garlic, oregano and cumin in one ounce of white vinegar. Add to the fried onions and green pepper. Fry for 3 more minutes. Drain off any excess water from the cooked beans leaving just enough to cover the beans. Add the fried onions and green pepper mixture to the beans, stirring to mix. Cover and slowly simmer for one more hour.

After cooking, place some soup and beans into a blender. Process and add the thick mixture back into the soup.

Meanwhile, cook the rice according to package directions and set aside.

In a bowl, combine the remaining seven ounces of oil and three ounces of white vinegar to make a marinade. Pour 3/4 cup of the marinade over the remaining raw diced onions. Add the remaining marinade to the cooked rice.

serve a spoonful of the marinated rice and some marinated onions into each bowl of hot soup.

(For a more interesting consistency, pour half of the soup and beans into a blender. Blend until smooth. Pour back into the soup pot. Makes six generous main course servings or eight smaller first course servings. Serve with green salad and Italian bread.)

Yield: 6 main or 8 first course

Soups, Chili, Stew

Per Serving (excluding unknown items): 4728 Calories; 348g Fat (64.7% calories from fat); 103g Protein; 324g Carbohydrate; 77g Dietary Fiber; 0mg Cholesterol; 12888mg Sodium. Exchanges: 19 Grain(Starch); 5 1/2 Lean Meat; 5 1/2 Vegetable; 68 Fat; 1/2 Other Carbohydrates.