
Black Bean Soup II

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 12

2 cups black beans
2 quarts cold water
4 tablespoons butter
1/2 cup chopped celery leaves
1/2 cup chopped onion
2 medium-size carrots, chopped
2 stalks celery, cut up
4 whole cloves
10 peppercorns
2 bay leaves
8 grains mustard seed
2 teaspoons salt
2 small cloves garlic
large ham bone
dash cayenne
1/3 cup Marsala wine (or sherry)
thin lemon slices (for garnish)
1 hard-boiled egg (for garnish), sliced

Wash and pick the beans. Put them into a soup kettle with two quarts of water. Bring to a boil.

Meanwhile, in a skillet, saute' in the butter the celery leaves, onion, carrots and celery until they just begin to brown. Add these to the beans, in addition to the cloves, gently bruised peppercorns, bay leaves, mustard seed, salt, garlic and the ham bone. Let simmer until the beans are tender, about four hours. Add a little more water if it cooks away too much.

At the end of cooking time, remove the ham bone. Puree' the soup in a blender. Reheat to the boiling point. Taste for seasoning. Add the cayenne and stir in the Marsala wine.

When serving, place a thin slice of lemon and a slice of hard-boiled egg in each soup plate or bowl. Pour hot soup over them.

Soups, Chili, Stew

Per Serving (excluding unknown items): 191 Calories; 7g Fat (31.1% calories from fat); 9g Protein; 25g Carbohydrate; 6g Dietary Fiber; 10mg Cholesterol; 412mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 Fat.