
Black Bean Soup

Dayton Hudson Restaurants

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

2 quarts chicken stock
1 pound dry black beans
1 medium yellow onion, chopped
2 medium green peppers, chopped
1/4 cup olive oil
1 1/2 teaspoons cumin
1 1/2 teaspoons dried oregano leaves
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon pepper
2 tablespoons red wine vinegar
1/2 pound smoked ham, diced
1/2 pound bacon, crisply fried, drained and crumbled

In a large kettle, combine the chicken stock, black beans, onion, green peppers, olive oil, cumin, oregano, garlic powder, salt, pepper and vinegar. Heat to boiling. Reduce the heat. Simmer for one to two hours or until the beans are soft.

Place the cooked solids from the mixture and some of the broth into a food processor with a steel blade or a blender. Puree' until smooth.

Return the puree'd mixture to the remaining broth mixture in the kettle. Add boiling water, if necessary, to make two quarts.

Stir in the ham and bacon. Heat thoroughly.

Yield: 2 quarts

Soups, Chili, Stew

Per Serving (excluding unknown items): 2088 Calories; 168g Fat (76.3% calories from fat); 80g Protein; 38g Carbohydrate; 7g Dietary Fiber; 193mg Cholesterol; 21880mg Sodium. Exchanges: 0 Grain(Starch); 9 1/2 Lean Meat; 4 Vegetable; 27 Fat; 0 Other Carbohydrates.