

From: *All About Cuban Cooking*

Black Bean Soup

1 lb Black Beans
1 tsp salt
4 cloves garlic
6 cups water
1 tsp black pepper, or to taste
3 tsp olive oil
1 large onion, chopped
1 tsp sugar
1 tsp oregano
1 tsp vinegar
1 bay leaf
1 tsp ground cumin

Rinse and soak beans overnight to reduce cooking time. Cook in water until beans are soft (about 1 hour over medium flame), add onion, garlic, bell pepper, cumin, oregano, bay leaf, black pepper, salt and sugar. Start mashing the beans and stir occasionally until soup thickens to your satisfaction (they shouldn't be too watery or too thick); add olive oil and vinegar.

Serve over rice or as a soup.

Tip: The bell pepper adds more taste if roasted before adding. To roast a bell pepper, place on top of burner until almost black, wrap it in foil for 10 minutes, and finally brush under water to remove skin.

Serves 6