

OAXACA-STYLE BLACK BEAN SOUP

Yield: 8 Portions

Ingredients	Amounts
<i>Soup</i>	
Canola oil	¼ cup
White onion, large, small dice	1 ea.
Garlic cloves, peeled, chopped	2 ea.
Pasilla Oaxaqueño chile, seeded, torn	2 ea.
Black beans, cooked	4 cups
Salt	as needed
<i>Garnish</i>	
Corn tortillas, cut into 2" x ¼ " strips, fried until crispy	4 ea.
Panela cheese, crumbled	8 oz.
Avocado, small dice	1 ea.
Micro cilantro, or chopped cilantro	¼ cup

Method

1. *For the soup:* In a stockpot, heat the oil. Add ¾ of the onion and the garlic; fry until golden brown.
2. Add the chiles and heat through until fragrant, about 1 to 2 minutes.
3. Strain the onions, garlic and chiles from the oil and set the oil aside.
4. Place the fried items in a blender, and purée the ingredients, adding water as needed to form a smooth paste.
5. Heat the flavored oil over moderate heat in the stock pot; and add the chile purée and fry until starting to turn darker in color, about 2 minutes.
6. Add the beans and 4 cups of water to the pot with salt to taste and bring to a boil.
7. Puree the mixture until very smooth.
8. Serve the soup garnished with the fried tortilla strips, remaining diced onion, cheese, avocado and cilantro.

Source: This recipe was developed by The Culinary Institute of America as an industry service to Northarvest Bean Growers Association. All rights reserved.