

# sopa de black bean with salsa crema

Everyone (except Mike Adams!) craves a bowl of hearty black bean soup once in a while, especially when accompanied by a chunk of cornbread spread with jalapeño jelly. Recipes for these two sides can both be found in the first *Whitewater Cooks*, *Pure*, *Simple and Real*.

serves 8-10

## ingredients

- 2 cups dried black beans
- 2 tbsp vegetable oil
- 2 medium onions, diced
- 1 jalapeño pepper, seeded and finely diced
- 3 cloves garlic, crushed
- 1 red pepper, diced
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp oregano
- 1 tsp canned chipotle peppers, chopped
- 8 cups low sodium chicken or vegetable stock
- 1-28 oz can diced tomatoes with juice
- 1/2 cup Runaway Train barbeque sauce\* (or any good quality barbeque sauce)
- 2 tbsp fresh lime juice
- 1 cup cilantro, chopped
- salt and pepper to taste

## salsa crema

- 1/2 cup sour cream or plain yogurt
- 2 tbsp store bought salsa

## method

- Combine** the beans with enough water to cover by 3 inches and soak for at least 4 hours or overnight.
- Sauté** the onions in oil over medium heat in a large stockpot until soft.
- Add** jalapeño pepper, garlic, red pepper, cumin, coriander, oregano and chipotle peppers and sauté 5 minutes.
- Drain** the beans and add to the stockpot.
- Add** chicken or vegetable stock, canned tomatoes and barbeque sauce.
- Cover** partially and simmer over medium heat until the beans are tender, about 2 hours.
- Purée** with a hand-held mixing wand or a food processor until desired consistency is reached.
- Add** lime juice, cilantro, salt and pepper to taste.
- Combine** sour cream and salsa in a bowl.
- Serve** by topping each bowl of soup with a spoonful of salsa crema.

*\*Runaway Train barbeque sauce is our absolute favourite. One of the secret ingredients is Oso Negro coffee, which gives it a subtle kick! It is available at Ellison's Market and Culinary Conspiracy.*