



RECIPES

Black Bean Soup

1-1/4 cups black beans
1 quart water
3 Tbsp. olive oil
1 medium onion, diced
1 cup celery, diced
1/2 cup green chile, diced
2 quarts chicken broth
1 large smoked ham hock (or 2 small ones)
1 package smoked or polish sausage, sliced 1/3" thick
1/2 cup uncooked white rice
salt and freshly ground black pepper
3/4 tsp. ground cumin
1/4 cup red wine

Wash beans and soak over night in 1 quart water. Heat olive oil in a large saucepot and saute' onion, celery, and green chile until tender. Add chicken broth, ham hock and drained beans. Bring mixture to a boil and reduce heat and simmer until beans are almost done, about 2 hours. Add sausage and rice and simmer an additional 20 minutes. Remove ham hock and let cool. Remove any meat from hock, dice and return to soup. (Discard hock, fat, and bone.) Season soup with salt and freshly ground black pepper to taste. Add cumin and red wine and heat through. Serve hot! Note: some folks take the soup and puree it in a food processor or blender for a smooth consistency. If you like it this way then go for it!