

# Black Bean Stoup

From Rachael Ray

## Ingredients

2 tablespoons extra-virgin olive oil, 2 turns of the pan  
1 sprig fresh bay leaves or 1 large dried bay leaf  
1 jalapeno pepper, seeded and chopped  
4 cloves garlic, chopped  
3 ribs celery with greens, chopped  
1 large onion, chopped  
1 red bell pepper, seeded and chopped  
3 (15-ounce) cans black beans  
2 tablespoons ground cumin  
1 1/2 teaspoons coriander  
Salt and pepper  
2 to 3 tablespoons tabasco  
2 cups chicken or vegetable stock  
1 (15-ounce) can diced tomatoes, diced tomatoes with peppers and onions or stewed tomatoes

1/2 cup sour cream  
2 to 3 scallions, chopped

## Directions

1. Heat a medium soup pot over medium-high heat.
2. Add EVOO to hot pot then bay leaves, jalapeno, garlic, celery and onions.
3. Cook 3 to 4 minutes, then add red peppers and continue to cook.
4. Drain 2 cans of beans and add them.
5. With remaining can, pour the juice and half the beans into the pot. Use a fork to mash up the beans remaining in the can.
6. Stir the mashed beans into the pot and season with cumin, coriander, salt and pepper and 2 to 3 tablespoons hot sauce.
7. Add stock and tomatoes to the stoup and bring to a bubble.
8. Reduce heat and simmer 15 minutes over low heat.
9. In a small bowl, mix together sour cream and scallions and reserve for topping the stoup.
10. Ladle up black bean soup and top with sour cream mixture.

*\*\* Cook's Note: WOW. This is an amazing soup! The first time I made it, I didn't have celery, jalapenos, or hot sauce, and only half the cumin required. So I added some crushed red peppers. And it was STILL good. This is a home run, and it is EASY. The sour cream with green onions/scallions is lovely and tasty!*