



Black Bean and Sweet Potato Soup

Adapted from Fine Cooking

BAH Note: This recipe assumes that you don't have a stash of those braised onions in your fridge or freezer. Because if you did, I'm sure you would substitute a half cup or so of those for the sliced onion called for. You would, wouldn't you?

- 1 tablespoon vegetable oil
- 1 onion, sliced
- 3/4 teaspoon coriander
- 1/2 teaspoon ground cumin
- 1 quart chicken broth
- 2 cans (15.5 ounces) black beans, rinsed and drained
- 2 small sweet potatoes, peeled and diced

Heat the oil in a dutch oven or stock pot set over medium heat. Add the onions and cook about 5 to 10 minutes until the onions begin to soften. Add the coriander, cumin, and a pinch of kosher salt and cook for 30 seconds. Add the chicken broth, black beans, and sweet potatoes. Bring to a boil and then simmer, uncovered, for 15 to 30 minutes until the sweet potatoes are soft. Skim any foam that may accumulate.

Set aside 1 to 2 cups of the cooked black beans and sweet potatoes and then carefully puree the rest of the soup in a blender. Add the reserved beans and potatoes back to the pot with the soup, taste for seasoning and add salt and pepper as desired.

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