

Brazilian Black Bean Soup



Makes 8 servings

Active time: **60 minutes**

Total time: **90 minutes**

Course: **Lunch**

Brazil's cuisine often features smoky, grilled meats, but this vegetarian bean soup recipe is completely meat-free. Instead, blackened jalapeños, fire-roasted tomatoes and smoked paprika provide the Brazilian flair. A little molasses adds a sweet-toasty note, and the kale, while not traditional, bumps up your daily veggie count.

Ingredients

- 2 jalapeño peppers
- 2 tablespoons extra-virgin olive oil
- 3 cups chopped onion
- 1½ cups diced carrot
- 5 cloves garlic
- 4 cups low-sodium vegetable broth
- 4 15-ounce cans low-sodium black beans
- 1 28-ounce can fire-roasted diced tomatoes
- 3 tablespoons molasses
- 2 tablespoons lime zest
- 5 tablespoons lime juice
- 1½ teaspoons ground cumin
- 1½ teaspoons smoked paprika
- ⅓ teaspoon cayenne pepper, or to taste
- 3 bay leaves
- 1 teaspoon salt
- ¾ teaspoon ground pepper
- 4 cups chopped kale
- Chopped scallions & chopped fresh tomato for garnish

Preparation

1. Heat a medium skillet over high heat. Split jalapeños in half lengthwise, remove ribs and seeds, and place skin-side down in the pan. Carefully cover the pan with foil and cook until the skins are blackened, 7 to 10 minutes. Let cool, then dice.
2. Meanwhile, heat oil in a large pot over medium-high heat. Add onion and carrot and cook, stirring often, until starting to brown, 6 to 8 minutes. Reduce heat to medium and continue cooking, stirring often, until soft, 3 to 5 minutes more. Add garlic and the diced jalapeños and cook, stirring, for 1 minute more.
3. Stir in broth, scraping up any browned bits. Cover and bring to a boil over high heat. Add beans, tomatoes, molasses, lime zest and juice, cumin, paprika, cayenne, bay leaves, salt and pepper. Cover and return to a boil. Reduce heat to maintain a gentle simmer and cook, un-covered, for 30 minutes.
4. Remove bay leaves. Puree 4 cups of the soup in a blender (use caution when pureeing hot liquids), then stir it back into the pot. Stir in kale, cover, and simmer until tender, about 5 minutes. Serve garnished with scallions and tomatoes, if desired.

Nutrition

Per serving: 296 calories; 50 g carbohydrates; 5 g fat (1 g sat, g mono); 13 g protein; 216 mg cholesterol; 13 g dietary fiber; 776 mg potassium; 716 mg sodium. Nutrition bonus: Vitamin A (109% daily value), Vitamin C (68% dv), Iron (24% dv)

© Meredith Corporation. All rights reserved. Used with permission.