

Black Bean Soup

Recipe by: Valentin Schwaegerl, modified by the O'Connor clan

Servings: 6

| Amount | Ingredient |
|---------------|---|
| 12 ounces | salt pork, chunked |
| 1 pound | black beans |
| 1/2 pounds | baby carrots, cut to about 1 inch pieces OR 4-6 carrots, sliced |
| 1/4 cup | dry minced onion OR half bag mirepoix, browned |
| 1 tablespoons | Worcestershire sauce |
| 1 | bay leaf |
| pinch | powdered thyme |
| 1 cup | chicken broth |
| 3 quarts | water |

- brown the salt pork on medium heat until at least some of the fat is rendered
- rinse and sort beans
- brown mirepoix if using, otherwise continue to next step
- add beans, carrots, onion, Worcestershire, bay leaf, thyme, chicken broth, and water
- bring to simmer on medium-high heat, then reduce to medium and cook for about 3 hours until beans and carrots are soft
- stir every half hour, adding more water if needed
- serve with cheese, sour cream, and salsa