

# Black Bean Soup

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

Servings: 5

Amount	Ingredient	Prep Notes
12 ounces	salt pork	chunked
1 pound	black beans	
1/2 pound	baby carrots	cut into 1 inch pieces, or 4-6 carrots sliced
1/2 bag	mirepoix	browned, or 1/4 cup dry minced onion
1 tablespoon	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, salsa, and salt and pepper to taste

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- *note:* can be made in pressure cooker. decrease water to 1.5 quarts and cook on bean setting for 45 minutes with a natural pressure release.
  - *note:* original recipe calls for 1/4 cup dry sherry to be added before serving. we usually skip this.