

---

# Black Bean Soup

Can be adapted to serve from two to six

---

## Ingredients

1 tbs oil  
1 pack pancetta  
1 onion  
1 clove garlic  
1 chili  
2 tins black beans  
chicken stock  
garnish: coriander, cheese, sour cream, chili, chives, chopped spring onion, etc

## Equipment

medium to large saucepan

## Method

Put the saucepan over a medium heat and chop the onion. Add the oil and lightly brown the pancetta. Sweat the onion with a pinch of salt; take care not to brown. After about 5 minutes add the finely chopped garlic and chili; continue to cook for one more minute.

Add the beans and stock; make up to sufficient quantity (1 - 1.5 litres). Bring to a simmer and leave for 10 - 20 minutes. Roughly crush the beans with a liquidiser/magic wand; you want some lumps and whole beans left. Check the seasoning and serve (will probably need 1 tsp salt).

Serve with an assortment of garnishes. If you need more servings, add water/stock, and serve over a toasted crouton of a thick slice of good bread with that has been topped with cheese.

You can try this with stock cubes, even vegetarian (and omit the pancetta); use bacon instead of pancetta. Use chili powder (about 1 tsp) instead of fresh chili. Vary the garnishes, but the coriander makes a big difference. It's possible to make this work with different beans; you could try haricot/flageolet/borlotti/cannellini (white beans) with a handful of chopped cooked ham, add parsley instead of coriander, and reduce the amount of chili (1/4 tsp).

---