

Black Beans

- 1 pound black beans, washed and soaked overnight
- 1 tablespoon olive oil
- 1 onion, chopped
- 1 tablespoon garlic, chopped
- 2 stalks celery, diced
- 1 serrano chile or jalapeno pepper, chopped (more if you like spicy food)
- 1 bay leaf
- 1 tablespoon toasted ground cumin
- 1 can dark beer
- 1 quart low- fat, low-salt chicken broth
- Salt and freshly ground pepper

Drain the soaked beans and set aside. Place a large soup pot over Medium- High heat. Add 1 tablespoon of olive oil and saute the onion, garlic, celery, and chile until softened but not browned, about 5 minutes. Add the beans, bay leaf, and cumin. Add the beer, if desired, and chicken broth. Bring to a boil, reduce to simmer, and cook until beans are soft, adding more liquid if necessary. This will take about an hour. Add salt and pepper to taste and ladle into shallow bowls.

Servings: 8

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

The following ingredients were not linked to the ingredient database and were not included in the nutrition information:

Salt and freshly ground pepper

Amount Per Serving	
Calories	240.35
Calories From Fat (10%)	23.00
% Daily Value	
Total Fat 2.65g	4%
Saturated Fat 0.45g	2%
Cholesterol 0.00mg	0%
Sodium 260.41mg	11%
Potassium 944.86mg	27%
Carbohydrates 39.63g	13%
Dietary Fiber 9.14g	37%
Sugar 2.43g	
Sugar Alcohols 0.00g	
Net Carbohydrates 30.49g	
Protein 13.10g	26%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1 pound black beans, washed and soaked overnight	1 x 1 lb of Beans, black, mature seeds, raw
1 tablespoon olive oil	1 x 1 tablespoon of Oil, olive, salad or cooking
1 onion, chopped	1 x 1 large of Onions, raw
1 tablespoon garlic, chopped	1 x 1 tablespoon of Garlic, raw
2 stalks celery, diced	2 x 1 stalk of Celery, raw
1 serrano chile or jalapeno pepper, chopped (more if you like spicy food)	1 x 1 pepper of Pepper, serrano, raw
1 bay leaf	1 x 1 leaf of Spices, bay leaf, crumbled
1 tablespoon toasted ground cumin	1 x 1 tablespoon of Spices, coriander leaf, dried
1 can dark beer	1 x 1 can or bottle (12 fl oz) of Alcoholic beverage, beer, regular
1 quart low- fat, low-salt chicken broth	1 x 1 quart of Soup, SWANSON Chicken Broth 99% Fat Free
Salt and freshly ground pepper	Not linked

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