



BLUE ZONES PROJECT  
by sharecare

# RECIPES

*From the kitchen of:  
Blue Zones Project®*





FROM THE KITCHEN OF:  
BLUE ZONES PROJECT®

# Black Bean Soup

***Yields:*** 10 servings

*Per serving:* 348 calories, 22 g fat, 60 mg sodium, 9 g fiber, 9 g protein

## ***Ingredients***

- 1 lb. dried black beans
- 3 quarts water
- 2 bay leaves
- 1/2 –1 cup of the best extra virgin olive oil
- 1–2 large red bell peppers, seeded & chopped
- 2 shallots, chopped
- 1–2 onions chopped
- 8 cloves garlic, chopped
- 1 tbsp. ground cumin
- 2 tbsp. dried oregano
- 1 tbsp. sugar
- 1/4 tsp. salt
- 1 red onion, diced, for garnish (optional)
- 8 oz. sour cream, for garnish (optional)

## ***Directions***

1. Place the beans in a nonreactive pan. Cover with 3 quarts of water, add bay leaves, and bring to a boil.
2. Reduce the heat and simmer the beans for 2½ to 3 hours, stirring frequently and adding more water if necessary to keep them covered well.
3. Meanwhile, heat the olive oil in a sauté pan or skillet. Sauté the bell peppers, shallots, and onions over medium heat until the onions are translucent (about 15 minutes.) Add the garlic, cumin, and dried oregano, and sauté for an additional 2 minutes. Remove from heat and let cool slightly.
4. When the beans are almost tender, add the onion/pepper mixture, sugar, and salt to the beans and cook until just tender (20–30 minutes). Adjust the seasonings, garnish with red onion and sour cream, and serve.