

I am a soup lover,

multicultural city like

cuisines from around

the world. Their soups

may be very different,

Toronto has allowed

me to experience

but every culture

considers its own

particular chicken

soup one to cure

all ills. This isn't a

chicken soup but, with

its Tex-Mex flavors, it

is one of my favorites.

-Massimo Capra

and living in a

Southwestern Black Bean Soup

Massimo Capra, Chef, Restaurant Owner and Cookbook Author

Makes about 8 servings

2 cups (500 mL) dried black beans (see page 4)

2 Tbsp (30 mL) vegetable oil

2 cups (500 mL) finely chopped onions

1½ cups (375 mL) seeded and diced sweet red peppers

1 cup (250 mL) peeled and finely chopped carrots

1 cup (250 mL) finely chopped celery

4 cloves garlic, minced

8 cups (2 L) vegetable stock

2 cups (500 mL) chopped tomatoes 3 jalapeño chilies, seeded and minced 2 tsp (10 mL) sweet Hungarian paprika 1 tsp (5 mL) ground cumin 1 cup (250 mL) finely chopped cilantro

1 Tbsp (15 mL) fresh lemon juice Salt and pepper to taste

Sour cream for garnish

Finely chopped chives for garnish (optional)



In a large pot, heat the oil over medium heat. Add the onions, peppers, carrots, celery and garlic. Cook, stirring often, until the onion has softened.

3. Add the beans, stock, tomatoes, jalapeños, paprika and cumin. Bring to a boil.

 Reduce the heat and simmer, partially covered, until the beans are starting to fall apart, at least 2 hours.

5. Stir in the cilantro and lemon juice. Season with salt and pepper to taste.

Ladle out hearty bowlfuls and top with dollops of sour cream and a sprinkling of chives.



