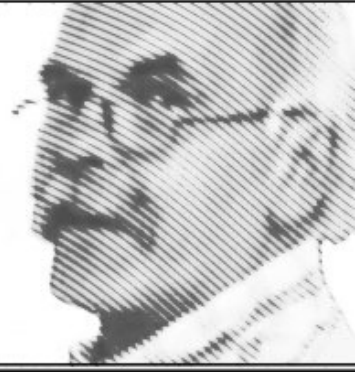


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# ROYKO'S RECIPES

From the one and only Obi-Wan Pierogi



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## Smoky Black Bean and Vegetable Soup

This recipe comes from the January 1993 issue of Food & Wine magazine.

Chipotle chiles in adobo (smoked jalapeños in tomato sauce) can be hard to find unless you go to a grocery store specializing in Latin American foods. Bruno's Supermarkets often carry them, too. One can will make about 4 batches of this soup. Freeze the remainder.

This recipe makes 4 hearty servings. Each serving has 363 calories, 20 grams of protein, 69 grams of carbohydrate, .6 mg, of cholesterol, 3 grams of fat (.3 grams saturated fat).

1 large Spanish onion, coarsely chopped  
2 ribs celery, halved lengthwise and thinly sliced  
2 carrots, diced  
4 cloves garlic, finely chopped  
2 canned chiles in adobo, rinsed, seeded and chopped  
2 bay leaves  
2 tsp. ground cumin  
2 tsp. dried basil  
1 tsp. chile powder  
1 tsp. dried oregano  
3 15-oz. cans black beans, rinsed  
1 28-oz. can plum tomatoes with their juice, chopped  
8 cups vegetable stock  
1/2 cup plain low fat yogurt  
wedges of lime or orange  
chopped fresh cilantro (coriander)

In a large sauce pan, cook onion, celery, carrots, garlic and 1/2 cup of water over medium heat until the vegetables soften (about 12 minutes). Stir in the chiles, bay leaves, cumin, basil, chile powder and oregano, and cook for 3 minutes.

Stir in the black beans, tomatoes and vegetable stock, and bring to a boil. Cover partially and simmer over moderately low heat, stirring occasionally, for 2 hours.

Discard the bay leaves. Purée 3 cups of the soup in a food processor or blender until smooth. Stir the purée back into the soup. Season with salt and serve hot with a dollop of yogurt, chopped cilantro and citrus wedges.