

Black Bean Roasted Tomato Soup

From My Carolina Home

2 pounds Black Beans
hot tap water
1 Ham bone with some meat left
3 garlic cloves, chopped
1 cup chopped onion
Water
1/2 to 1 cup of roasted tomatoes
1/2 teaspoon each salt and pepper, or to taste
1/4 cup chopped green onion, optional



The night before serving, place beans in a large bowl with enough hot tap water to cover by a few inches. Cover and leave to soak overnight.

The next day, about 2-3 hours before you wish to serve, drain beans and place in a large stockpot. Add ham bone, garlic and onion. Add water to cover bone by about 2 inches. Bring to a boil, then lower temperature to a simmer. Let simmer uncovered for 2 hours. Lift the bone and remove the meat. Shred the meat and discard the bone. Place roasted tomatoes in a blender with about one cup of black beans, puree until smooth. Add to pot. Add ham meat back to pot. Add salt and pepper now or at table. Garnish with green onion. This soup can hold on the stove for 1-3 more hours at very low temp.

Yield – 6-8 bowls of soup. Leftovers freeze well.

Variation - If you don't want meat in your soup, you can use chunks of other vegetables to add flavor in place of the meat. Cut up large chunks of onion, carrots, leeks or celery to add to the broth for the last 30 minute of cooking so they don't disintegrate.

Enjoy!!