

Bacon, Black Bean and Sun-Dried Tomato Soup with Cilantro Cream

Phillis Carey, cooking instructor, author (Jan. 2013)



Best if made a day ahead. Freezes well and will keep 2-3 months.

1/2 cup sun-dried tomatoes (not oil packed), soft type, not dry flaky type

1 cup boiling water

4 slices thick-sliced bacon

1 cup onion, chopped

15 ounces canned black beans, drained, rinsed

1 3/4 cups chicken broth

1 whole garlic clove, minced

1/2 teaspoon ground cumin

1 1/2 cups water, or chicken broth (my addition)

1/4 teaspoon hot sauce, Tabasco, Sriracha (optional)

1/4 cup cilantro, chopped

CILANTRO CREAM:

1/4 cup sour cream, or Greek yogurt

1 tablespoon cilantro, minced

1/2 teaspoon ground coriander

1 1/2 tablespoons fresh lime juice

Salt, to taste

Servings: 4

You can finely dice the bacon, cook it and leave it in the soup pot, including through the blending process, but the bacon will be in tiny, tiny pieces. I prefer to add it (cooked and crumbled) later, but using the bacon grease for flavor.

1. **TOMATOES:** Pour boiling water over sun-dried tomatoes in a small bowl and let stand until softened. Drain, reserving the liquid. Finely dice the tomatoes.
2. **SOUP:** In large pot cook the bacon for 5-6 minutes over medium-high heat until bacon is crisp. Remove bacon to drain, but leave any fat in the pan.
3. Add onions, lower heat to medium and cook until tender. Stir in the chopped sun-dried tomatoes including the soaking liquid, the black beans, chicken broth, garlic, cumin and hot sauce. Taste for seasonings.
4. Bring soup to a boil, reduce heat and simmer, covered, for about 5 minutes. Puree soup in blender (small batches so it doesn't blow the lid off), or use an immersion blender in the pot. Add the water (or more chicken broth) to give this soup more quantity. If leaving it as-is, it will be a fairly thick soup. Stir in cilantro.
5. Crumble the bacon into small pieces and add to the soup.
6. **CILANTRO CREAM:** Meanwhile, combine all ingredients in a bowl and allow to rest for at least 20 minutes to allow flavors to meld.
7. Reheat soup to a simmer, ladle into flat (wide) bowls and drizzle each with Cilantro Cream.

Per Serving (excluding unknown items): 252 Calories; 11g Fat (39.6% calories from fat); 14g Protein; 24g Carbohydrate; 7g Dietary Fiber; 17mg Cholesterol; 1021mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat.

Carolyn T's Blog - Tasting Spoons
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