

## View from the Fridge – Recipes from Brian Donkin

### Recipe 71 – Mexican Black Bean Soup with Sour Cream

*Preparation time: 8 min – Cooking time: 1 hour 30 mins*

#### Ingredients

1 whole green pepper  
2 green chillis  
1 stalk celery  
6 spring onions  
3 cloves garlic peeled and pureed  
2 bay leaves  
2 tblspn chopped parsley  
150 gms turtle black beans  
3 tblspn sour cream  
3 pts veg stock  
pinch salt  
1 tblspn flour  
½ wine glass corn oil

#### Method

1. Place green pepper, chillis, celery, onions, garlic, bay leaves in pot with oil and cook for five minutes on medium heat stirring constantly
2. Add black beans and stir for one minute
3. Add flour and mix well in
4. Add stock gradually while stirring
5. Bring to the boil and add salt then simmer on very low heat for one hour and a quarter – this should reduce by half in this time
6. Force through sieve into a fresh pot, bring back to the boil and then serve with sour cream and parsley

*Serves 3*

