



# Black bean soup

A Mediterranean-leaning pot of beans that mostly cooks itself. Sauté for five minutes, then leave it alone for four hours.

**15 min** hands-on    **4+ hrs** slow cook, low    **297 cal** per serving    **17 g** protein per serving

<b>Sauté</b> 5 min	<b>Slow cook, low</b> 4+ hrs, unattended	<b>Rest</b> 5 min
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## Where your time actually goes

No soaking — beans go in dry

Walk away for 4+ hours

## Ingredients

Dried black beans	<b>16 oz</b>
Spanish onion, diced	<b>462 g</b>
Garlic cloves, minced	<b>5</b>
Chipotle pepper in adobo, minced	<b>1</b>
Ground cumin	<b>2 tsp</b>
Dried oregano	<b>1 tsp</b>
Bay leaves	<b>2</b>
Baking soda	<b>¼ tsp</b>
Water or low-sodium broth	<b>6 cups</b>
Salt, to taste	<b>1½ tsp</b>
Olive oil	<b>1 tbsp</b>

### PER SERVING, 1 OF 6

**297**

calories

**17 g**

protein

**56 g**

carbs

**1.3 g**

fat

**14 g**

fiber

**<1 g**

sat. fat

Brand of dried beans shifts this a bit — expect 280–320 calories in practice. High fiber, high plant protein, very low fat.

## Method

### 1 Sauté the aromatics

Rinse the dried beans and pick out any debris. Set the Foodi to Sauté on medium. Add the olive oil, then the onion, and cook 4–5 minutes until soft. Add the garlic and cook 30 seconds more, until fragrant.

**5 min**

### 2 Add everything else

Add the beans (no soaking needed), chipotle, cumin, oregano, bay leaves, and baking soda. Pour in the water or broth and stir to combine.

### 3 Slow cook on low

Switch to Slow Cook mode, set to LOW, and set the timer for 4 hours. Lock the lid and let it run undisturbed. Unsoaked beans take a bit longer than soaked ones, so check at the 4-hour mark and continue in 30–60 minute increments if they're not yet tender.

**4 hrs+**

### 4 Check the beans

Beans should mash easily against the side of the pot with a spoon. If they need more time, continue in 20–30 minute increments.

### 5 Season and serve

Remove the bay leaves and stir in salt to taste. For a creamier texture, mash some beans against the pot or pulse briefly with an immersion blender. Serve hot.