Black Bean Soup with Pickled Red Onion

Preparation Time 30 minutes

Makes 6 servings

Ingredients - Soup

- 3 15 oz cans black beans, with their juice
- 1 ham hock or 2 smoked turkey wings
- 2 tablespoons olive oil
- 2 medium yellow onions, diced
- 4 garlic cloves, finely chopped
- 1 tsp cumin
- 1 bay leaf
- 1 1/2 cups water
- Optional garnishes: scallions, cilantro, diced avocado

Ingredients – Pickled Onions

- 1 large red onion, finely sliced
- 1 tablespoon honey or sugar
- Vinegar – enough to cover the onions

Directions

1. In a soup pot, add the beans with their juice, water and ham hock or turkey wings and cook with lid on at a medium-high simmer for 30 minutes.
2. In the meantime, in a sauté pan, heat the olive oil over low/medium heat and sauté the yellow onions for about 10 minutes. Add the garlic and cumin. Cook for a minute or so until the garlic becomes fragrant but does not brown. Add onions to the beans, stir well and continue to simmer.
3. Place the sliced red onion in a small bowl and pour boiling water over the onions. Drain well, then add the honey and vinegar, stir until honey or sugar is fully dissolved.
4. Remove the ham hock or turkey wing from the beans and return any meat still attached to the bones to the beans. Remove the bay leaf.

WATCH, TASTE, LEARN Healthy Cooking Class

Elizabeth Caruthers, RDN, CDCES Nutrition and Diabetes Program Coordinator

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5. Serve soup topped with a generous spoonful of pickled red onion. Garnish with scallions, avocado and cilantro if you like.

Nutrition

- 1 Cup Serving
- Calories 300, Carbs 38g (net carbs 23g), Added sugar 0g, Fiber 15g
- Fat 10g, Saturated fat 2g, Protein 16g, Sodium 448mg, Potassium 697mg

Tips

- The cartilage in ham hocks and turkey wings is a rich source of collagen and contributes a silky quality to the soup. Ask at the meat department if you can't find them. They freeze well, so when you find them, stock up!
- This recipe works great in the slow cooker! Place the ingredients into the slow cooker for about 6 hours.

Elizabeth Caruthers, RDN, CDCES

Registered Dietitian-Nutritionist

Certified Diabetes Education Specialist

Looking for support?

A registered dietitian-nutritionist and diabetes educator can help you build a foundation of better health. Services at Community Health and Wellness are covered by HUSKY, Medicare, private insurance, and financial assistance.

Nutrition Counseling

- Nutritional assessment and individualized guidance based on your health conditions and laboratory results.

Diabetes Prevention Program

- Weekly groups led by a registered dietitian-nutritionist with peer support to keep you motivated.

Diabetes Education Program

- Individual appointments to help you gain the knowledge, skills and confidence to manage your diabetes well.

Watch, Taste, Learn

- Healthy cooking classes, recipe demonstrations and tastings.

Want to learn more?

Contact Elizabeth Caruthers, Nutrition and Diabetes Program Coordinator at 860-489-0931 x1110 or ecaruthers@chwctorr.org.