



HONDURAN BLACK BEAN AND PORK RIB SOUP

SERVINGS 4-6
PREP TIME 30 mins.
COOK TIME 2 hrs.

INGREDIENTS

- 1 lb black beans, soaked for 5 hours
- 4 small pork ribs
- 3 plantains, peeled and cut into 3 pieces each
- 1 lb cassava (yuca), peeled and cut into 2-inch pieces
- 4 tbsp olive oil
- 1 white onion, sliced
- 1 small red bell pepper (or green), diced
- 6 cloves garlic, chopped
- 1 bunch fresh cilantro, chopped
- 1 tbsp ground cumin
- Salt and freshly ground black pepper, to taste

DIRECTIONS

Step 1: Simmering the Beans and Ribs (Cook Time: ~1 hour 30 minutes)

1. Drain the black beans that have been soaking for 5 hours and rinse them thoroughly.
2. Transfer the soaked beans to a large heavy-bottomed pot or stockpot and cover them generously with fresh water.
3. Add the small pork ribs directly into the pot with the beans. Bring the mixture to a rolling boil over medium-high heat.
4. Once boiling, reduce the heat to medium-low, cover partially, and let simmer for about 1 hour to 1 hour and 30 minutes, or until the beans and pork begin to tenderize.

Step 2: Preparing the Aromatics (Prep Time: ~15 minutes)

1. While the beans and ribs are simmering, prepare your vegetables: peel and cut the plantains and cassava, slice the white onion, dice the bell pepper, chop the garlic, and finely chop the cilantro.
2. In a separate skillet, warm the olive oil over medium heat.
3. Add the sliced white onion and diced red (or green) bell pepper. Sauté for 5 to 7 minutes until the onions turn translucent and soft.
4. Stir in the chopped garlic and ground cumin, cooking for about 1 minute until fragrant, taking care not to burn the garlic. Remove from heat and set aside.

Step 3: Adding Root Vegetables and Aromatics (Cook Time: ~30 to 45 minutes)

1. Once the beans and pork have reached a good baseline tenderness, add the peeled cassava pieces and plantain pieces directly into the soup pot.
2. Pour the sautéed onion, bell pepper, garlic, and cumin mixture from your skillet into the pot.
3. Stir in the chopped fresh cilantro, and season generously with salt and freshly ground black pepper to taste.
4. Continue to simmer uncovered or partially covered over medium-low heat for another 30 to 45 minutes, stirring occasionally, until the cassava and plantains are fork-tender and the broth has thickened into a rich, savory consistency.

Step 4: Serving

1. Ladle the hot soup into deep bowls, ensuring each serving receives a mix of tender pork ribs, black beans, cassava, and plantains.
2. Serve warm, optionally garnished with a little extra fresh cilantro.

