

# Delicaé Gourmet Product Information

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## # 48351 Caribbean Black Bean Soup

The fragrant spices of this delicious soup will take you to the blue waters and white sand beaches of the Caribbean.

### Just add Broth.

Ingredients: Black Beans, Dehydrated Vegetables (Onions, Bell Peppers, Jalapeño Peppers), Garlic, Cumin, Ginger, Cilantro, Chipotle Pepper, Coriander, Oregano, Chili Powder, Thyme, Basil, Allspice, Bay Leaf, Cinnamon, Black Pepper, White Pepper, Cayenne Pepper and Cloves.

### Ingredients needed

You will need (4 to 5 quart slow cooker)

4 cups of low sodium vegetable broth

2 cups of water

### Meat Option

Add a meaty ham bone, a smoked ham hock or a smoked turkey leg to the bottom of the slow cooker and proceed with the cooking instructions.

If desired you can substitute chicken broth for the vegetable broth.

When done cooking remove the meat, dice into ½-inch pieces.

Return the diced meat to the soup.

### Cooking Instructions

1. Rinse and sort the beans then layer in the bottom of the slow cooker.
2. Layer the contents of the mixed vegetable and spice packets over the beans.
3. Slowly pour the vegetable broth and water over the ingredients. **Do not stir.**
4. Cover and cook on high for 4½ to 5½ hours or low for 8 to 8½ hours. **Do not lift lid while cooking.**
5. When ready to serve salt to taste.

### Serving Suggestions

For delicious Caribbean flavor add a 15 oz can of pumpkin puree and a 13½ fl oz can of unsweetened coconut milk before serving.

Garnish with any combination of sour cream, green onion, diced tomatoes, fresh cilantro, minced red onion, fresh grated ginger and avocado slices.

Serve with lime wedges. **Lime juice greatly enhances the tropical flavor.**

Stir in a little sherry or rum before serving.

Serve with warm tortillas or tortilla chips.

### Stove Top Cooking Instructions: (For those without a slow cooker.)

1. Soak Black beans for at least 8 hr. or overnight.
2. After soaking, rinse and place in 5 to 6 quart stock pot with broth and water (add meat if desired.)
3. Place on stove at low temperature, and add vegetable and spice packets.
4. Cook for 2 to 3 hours adding more water or broth if needed.
5. Watch pot closely while cooking, turning down heat if boiling, or adding liquid if needed, stirring often.
6. When beans become tender, not mushy, it is done.
7. Add salt and pepper to taste before serving.

## Nutrition Facts

Serving Size As Packaged 1.9 oz. (55g)

As Prepared 8.2 oz (234g)

Servings Per Container 8

Amount Per Serving	As Packaged	As Prepared	
<b>Calories</b>	180	200	
Calories from Fat	0	5	
<b>% Daily Value**</b>			
<b>Total Fat</b> 0g*	<b>0%</b>	<b>0%</b>	
Saturated Fat 0g	<b>0%</b>	<b>0%</b>	
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>0%</b>	
<b>Sodium</b> 5mg	<b>0%</b>	<b>10%</b>	
<b>Total Carbohydrate</b> 34g	<b>11%</b>	<b>12%</b>	
Dietary Fiber 5g	<b>20%</b>	<b>24%</b>	
Sugars 6g			
<b>Protein</b> 10g			
Vitamin A	2%	10%	
Vitamin C	50%	50%	
Calcium	2%	2%	
Iron	15%	15%	
<small>* Amount in Mix. As prepared, one serving provides 0g total fat (0 saturated fat), 0mg cholesterol, 240mg sodium, 37g carbohydrate (6g fiber, 7g sugar) and 11g protein.</small>			
<small>**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
Fat	9	* Carbohydrate	4 * Protein 4