

Black Bean and Potato Soup

Swick

Makes 10 servings | Active Time: 20 minutes | Total Time: 35 minutes

Chef's Notes

- Culantro coyote, also known as fitweed, Mexican coriander, bhandhanya, and ngò gai, is an herb related to cilantro, but it has a much stronger flavor. Native to Mexico and South America, it's cultivated and used around the world in Latin American, Caribbean, and Asian cooking. You can find it in Mexican and Southeast Asian grocery stores.

Cilantro has a stronger smell and flavor when uncooked, while culantro has a stronger flavor and smell after it's cooked. So use culantro coyote at the start of making a stew or picadillo, and use cilantro toward the end to finish the dish. If you can't find culantro coyote, use more cilantro (at least double), and possibly the addition of other aromatics like onion, parsley, and mint.

Step 1: Making the Soup

- 1/2 chayote squash (about 1 cup), diced
 - 1/2 large carrot, peeled and minced
 - 2 large potatoes, peeled and diced
 - 2 teaspoons chopped culantro coyote*
 - 1 small sweet onion (like Vidalia), diced
 - 2 cloves garlic, minced
 - 4 cups low-sodium vegetable stock
 - 2 pounds black beans, cooked (or six 15-ounce cans, drained)
 - Salt and pepper (optional)
- In a large stock pot, combine all ingredients. Bring stock to a boil; then lower heat and simmer for 25 minutes.
- Take 2 cups of soup and blend in a blender or with immersion blender, until combined but still chunky. Add back into soup pot and stir to combine. Add salt and pepper to taste.
- Serve hot with rice, corn tortillas, or crusty bread; or top with a dollop of cashew cream