

Black Bean Soup

1 large onion, peeled and diced

2 to 3 tablespoons chili powder

1 tablespoon smoked Spanish paprika

1 teaspoon ground cumin

salt

1 pound bag of black beans, rinsed and picked over

4 cloves of garlic, peeled

cheats: 1 tablespoon chicken boullion, generous dash of Maggi Seasoning, lime juice

Put a heavy pot on a medium flame, toss the onions in with some olive oil and saute them for 3 minutes or so. Add some salt, the chili powder, paprika, and the cumin. Stir it about and let it heat up for a few minutes. Add the beans and add enough water to cover the beans. Put a lid on the pot and let it come to a boil.

Turn the flame down until you have a medium simmer. Cook like this, with the lid on the pot, for 1 to 1 and 1/2 hours. Occasionally stir it. After the time elapses taste the beans for seasoning and to see if the beans are tender. If they're not turn the heat back up to a boil and cook them for 10 minutes or so like that. Make sure you have enough liquid with the beans.

Once they are tender transfer 2/3 of the beans to a blender and puree them with 4 whole cloves of garlic. Pour this puree back into the pot, taste for seasoning and add some of the cheats if necessary to boost the flavor.

Serve with a dollop of yogurt.