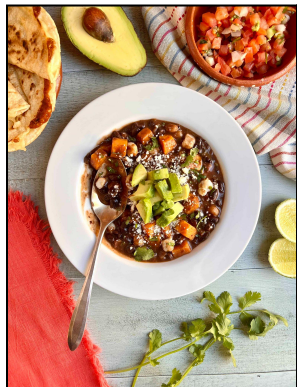


WHAT'S 4 DINNER?

#RECIPES THAT DISH



Black Bean, Sweet Potato & Hominy Soup

January 26, 2023

Some beans don't need to soak ahead of time—especially when cooked in a pressure cooker. Black Beans create an earthy base for a hearty soup that teeters on the edge of being a stew (and can be vegetarian or vegan with a simple swap!). Sweet potatoes and hominy add texture and a welcome sweetness when paired with smoky chipotle chilies and bacon fat. Top the soup with some bright cilantro, fruity avocado, salty cotija cheese, and a squeeze of lime juice, and you've got good eating on your table!

Serves 4-6

Ingredients:

- 3 Tablespoons bacon fat, pork fat, or 3 strips of thick-cut bacon, chopped
 - 1 Onion, peeled and split in half through root
 - 6 Cloves garlic, peeled and smashed
 - 2 Tablespoons tomato paste
 - 2 Chipotles in adobo, chopped
 - 1 Tablespoon ground cumin
 - 2 Teaspoons chili powder
 - 1 pound (16oz) dried black beans, rinsed and picked over for debris
 - 1 Large sprig epazote, or 3 sprigs cilantro
 - 1 Whole lemon, halved
 - 2 Quarts (8 cups) low-sodium chicken stock, or H₂O + a Tbsp of bouillon
 - 1 Large sweet potato, peeled and diced ½"; about 2-3 cups
 - 1 (25oz) can hominy, drained & rinsed
 - ½ Cup chopped cilantro, plus more for serving
- Kosher salt & freshly ground black pepper

For serving: Lime wedges, crumbled cotija cheese, diced avocado, thinly-sliced scallions, Tortillas, Tortilla chips

Method:

1. On the sauté function (med heat), melt fat in the pot, or cook bacon to render fat and remove cooked bacon with a slotted spoon (reserve for garnish or another use).
2. Split peeled onion in half from pole-to-pole, so the root keeps the onion intact (this will make it easier to fish out of the cooked soup later). Add onion to the hot fat, cut-side down along with garlic cloves, and cook until lightly golden—about 5 mins.
3. Add tomato paste, chipotle chilies, cumin and chili powder, and cook until the tomato paste turns brick red, about 3 mins.
4. Add dried beans, liquid (stock or water), epazote/cilantro, lemon, 2 teaspoons of kosher salt and 1 teaspoon black pepper. Seal the lid and pressure cook on high pressure for 45 minutes. If you have the time, let pressure release naturally to create creamier beans. If

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#RECIPESTHATDISH

you're short on time, Quick Release the pressure at the end of cooking—beans will be tender, but firmer than letting the pressure release naturally. With a pair of tongs and a slotted spoon, fish out and discard the onion, garlic cloves, herb sprigs, and lemon halves.

5. Set the pressure cooker to sauté setting on low (or whichever setting that creates a simmer without being too vigorous). Add the peeled and diced sweet potatoes, and stir to combine. Simmer until the potatoes are tender and a knife tip can easily pierce one, about 12-15 minutes. This simmering time also helps thicken the broth. When sweet potatoes are cooked, add the hominy (that has been drained and rinsed in a fine-mesh sieve). Simmer for an additional 5-10 minutes, until the hominy is warmed through and has a pleasing chewiness.
6. Set heat to “keep warm” and stir in chopped cilantro. Taste for seasoning and adjust as needed. Ladle soup into bowls and serve with garnishes, as desired.

*Notes

You can make this recipe vegetarian or vegan by swapping the bacon fat for olive or vegetable oil. To impart a smoky flavor, add a teaspoon of smoked paprika in step 3.