



Caribbean Jerk Black Bean

From: Conlan Lang

Prep Time: 60 min

Serves: 8

Cook Time: 60 min

Instructions

- 1) "In a huge pot", add the avocado oil over medium-low heat. Once heated add your onion and sauté until translucent. (~2mins)
- 2) Add in your garlic and bell peppers, and saute until fragrant and the onions/garlic have gained a little color. (~3-5 minutes)
- 3) Add in the sweet potatoes, yellow potatoes, and seasonings, allow them to bloom in the pot (~1 min)
- 4) Add in the stock, stir/scrape any fond stuck on the bottom of the pot, and turn up the heat to bring to a boil. Once boiling, bring it down to a simmer, pop a lid on it, and simmer for ~20-30 minutes, until the potatoes are almost fork tender.
- 5) Add in the beans, stir, and allow to simmer for another 5 minutes.
- 6) Remove the soup from the heat, remove about half of it and blend the remaining half with an immersion blender. Add in other half and stir to combine.
- 7) Add in the lime juice, stir, serve, and enjoy!

Notes

Ingredients

- 1 Tbsp Avocado Oil
- 1 Large Onion – Diced
- 4 Cloves Garlic – Minced
- 2 Red Bell Peppers – Diced
- 1 Yellow Bell Pepper – Diced
- 2 Large Sweet Potatoes – Chopped into ~1in cubes
- 2 Medium Golden Potatoes – Chopped into ~1in cubes
- ~96oz Stock of your choice (I used veggie)
- 6 Cups Black Beans (cooked. ~3 cans if you use canned beans)
- Juice of 1-2 Limes

Seasonings (in order of prevalence):

- Garlic Powder, Black Pepper, Thyme, Parsley, Crushed Red Pepper, Cumin, Allspice, Clove, Nutmeg, Cinnamon, Paprika, Cayenne, Salt, Brown Sugar

For the Mango Relish topper:

- 1 Mango – Cubed
- ½ Red Bell Pepper – Diced
- 1-2 Jalapenos – Seeded and Diced
- 1/3 Cup Fresh Cilantro – Chopped
- Juice of 1 Lime
- Combine and sprinkle with Tajin seasoning

