



PAPER & FOOD SERVICE, INC.

Cuban Style Black Bean Soup

Ingredients **Yield: 16 Servings**

- 2 # Black Beans, dried, picked over for dirt or debris
- 3 oz. Olive oil
- 2 ea. Smoked Ham hock
- 3 c. Onion, red, medium diced
- 4 ea. Red bell peppers, stemmed, seeded, and medium diced
- 6 ea. Celery stalks, medium diced
- 4 Tlb. Chili powder
- 2 Tlb. Ground cumin
- 4 Tlb. Garlic, whole, peeled, minced
- 1/2 c. Tomato paste
- t.t. Salt
- t.t. Black Pepper, café
- 2/3 c. Rum
- 2 qts. Ham stock
- 2 qts. Water
- As needed: Sour cream for garnish
- As needed: Green onion, sliced, for garnish

Preparation Instructions:

1. Rinse the beans in cold water, drain them, put in a bowl, cover by 1-inch with cold water and let soak in the cooler overnight.
2. Drain the beans and set them aside. Pour the oil into a large, heavy-bottom pot and set it over medium heat. When the oil is hot but not smoking, add the ham, onions, peppers, celery, chili powder and cumin. Saute until the vegetables are softened but not browned, approximately 6-8 minutes. Add the garlic and tomato paste and cook for additional 3 minutes, stirring to make sure you do not scorch the tomato.
3. Pour the ham stock and water into the pot, increase the heat to high and bring to a boil. Add the beans to the pot, stir and when the water returns to a boil, lower the heat and let simmer until the beans are tender but still holding their shape, approximately 2 to 2 1/2 hours.
4. Remove the pot from the heat and season the soup with salt and pepper. Use tongs to remove the ham hocks and set aside to cool. The beans are like molten lava at this point and are ready to explode, so let cool for 10 minutes, then puree with an immersion blender or do small batches in food processor. When the ham hock is cool enough to handle, pick off the meat and reserve.
5. Return the soup to a simmer, add the reserved ham and rum. Stir to combine.
6. To serve ladle the soup into a warm bowl, garnish with dollop of sour cream and sliced green onion. Serve immediately.

Ingredients		Maines Product Code #	Amount	Cost
Black Beans, dried	Trinidad	332105	2 #	\$1.93
Olive Oil	Gem	370864	3 oz.	\$0.48
Smoked Ham hock	Espósito	066896	2 ea.	\$4.11
Onion, red	Fresh	097482	3 c.	\$0.70
Red bell pepper	Fresh	097564	4 ea.	\$3.51
Celery	Markon	097135	6 ea.	\$0.42
Chili Powder	Culinary Secrets	345176	4 Tlb.	\$1.37
Cumin	Culinary Secrets	345226	2 Tlb.	\$0.99
Garlic	Markon	097210	4 Tlb.	\$0.26
Tomato paste	Bountiful Harvest	225647	1/2 c.	\$0.30
Salt	Katy's Kitchen	340620	t.t.	\$0.03
Black Pepper, café	Culinary Secrets	345631	t.t.	\$0.05
Rum	N/A	N/A	2/3 c.	\$1.50

Ham Base	Culinary Secrets	234651	2 qts.	\$1.28
Water	N/A	N/A	2 qts.	\$0.00
Sour Cream	Crowley	O30745	As needed	\$0.99
Onion, green	Markon	O97471	As needed	\$0.66

Recipe Cost	\$18.58
Portion Cost	\$1.16

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$2.95	\$1.16	\$1.79	39.32%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$3.95	\$1.16	\$2.79	29.37%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$4.95	\$1.16	\$3.79	23.43%