



Smoky Black Bean Soup

with Cheddar Cornbread Biscuits



30-40min



2 Servings

We love ingredients that don't just taste good, but are good for you too! Hearty black beans have a mild flavor and a creamy texture. But, these small legumes are also a powerhouse ingredient packing some serious protein, fiber, and are high in vitamins and minerals like folate and magnesium. Here, we use it to flavor hearty vegetarian black bean soup, giving it a delightful smokiness.

What we send

- 3 pieces sharp cheddar ⁷
- ¼ oz fresh chives
- 3½ oz cornbread mix ¹
- garlic (use 2 large cloves)
- 1 carrot
- 2 oz celery
- 1 medium red onion
- smoked paprika (use 4 tsp)
- tomato paste (use ¼ cup)
- 1 can black beans

What you need

- olive oil
- sugar
- kosher salt & pepper
- milk ⁷
- butter ⁷

Tools

- rimmed baking sheet
- box grater or microplane
- medium Dutch oven or pot

Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 760kcal, Fat 33g, Carbs 92g, Protein 25g



1. Prep biscuits

Preheat oven to 400°F with a rack in the center. Lightly **oil** a rimmed baking sheet. Coarsely grate **all of the cheddar** on the large holes of a box grater. Thinly slice **chives**.



2. Bake biscuits

In a medium bowl, combine **cornbread mix, all but 2 tablespoons of the cheddar, 1 tablespoon chives, 1½ teaspoons sugar, and a pinch each of salt and pepper**. Add **¼ cup milk**, then use your fingers to gently mix into a thick dough. Form dough into 2 (3-inch) biscuits; transfer to prepared baking sheet. Bake on center oven rack until deeply golden, about 15 minutes.



3. Prep aromatics

While **biscuits** bake, peel and finely chop **2 teaspoons garlic**. Scrub and trim **carrot**, then finely chop. Trim ends from **celery**, then finely chop. Halve, peel, and coarsely chop **all of the onion**.



4. Sauté aromatics

Heat **2 tablespoons butter** in a medium Dutch oven or pot over medium-high until melted. Add **carrots, onions, and celery**, then cover and cook until softened, about 5 minutes. Stir in **chopped garlic, 4 teaspoons of the smoked paprika, and ¼ cup of the tomato paste**. Cook, stirring, until tomato paste is caramelized, 2-3 minutes.



5. Finish soup

Add **beans and their liquid** and **2 cups water** to pot. Cover and bring to a boil over high. Reduce heat to medium-high and simmer, partially covered, stirring occasionally, until liquid is slightly reduced, about 10 minutes. Season to taste with **salt and pepper**.



6. Garnish soup & serve

Serve **black bean soup** topped with **chopped chives** and **remaining cheddar**. Pass **biscuits** at the table. Enjoy!