

DINNER

Jamaican Black Bean Soup

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
75 min	15 min	60 min	11	\$1.37	226 kcal



Jamaican Black Bean Soup is a gluten free recipe with 11 servings. One serving contains 226 calories, 19g of protein, and 3g of fat. For \$1.37 per serving, this recipe covers 15% of your daily requirements of vitamins and minerals. It works best as a main course, and is done in around 1 hour and 15...

Ingredients

- ☐ ¾ cup finely chopped celery (about 2 stalks)
- ☐ 16 ounce package dried black beans
- ☐ 4 garlic cloves, minced
- ☐ ½ cup chopped green onions
- ☐ ½ cup reduced-fat sour cream
- ☐ 1 teaspoon chili powder
- ☐ 12 ounce package 96%-fat-free diced ham (such as Hormel)
- ☐ ¾ cup green bell pepper, chopped (about 1 small)
- ☐ 2 teaspoons salt-free Jamaican jerk seasoning
- ☐ 28 ounce low-salt beef broth
canned

☐ ¾ cup finely chopped onion

☐ 1 teaspoon salt

☐ 6 ounce tomato paste with basil, garlic, and oregano
canned

☐ 1 tablespoon vegetable oil

☐ 4 cups water

EQUIPMENT Bowl, Frying pan, Dutch oven

Method

- 1 Sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans. Cover and let stand 8 hours.
- 2 Drain beans; return to pan.
- 3 Add 4 cups water. Bring to a boil; cover, reduce heat to medium, and cook 30 minutes.
- 4 Heat oil in a large nonstick skillet over medium heat.
- 5 Add celery and next 3 ingredients; cook 6 minutes or until tender.
- 6 Add celery mixture, broth, and next 5 ingredients to beans; cook 20 minutes over medium heat or until thoroughly heated.
- 7 Let stand 30 minutes before serving. Spoon soup into individual bowls. Top each serving with sour cream and green onions.

Nutrition per serving

226
KCAL

19 g
PROTEIN

3 g
FAT

32 g
CARBS

Saturated Fat	1.1 g · 7% of daily needs
Fibre	7.5 g · 30% of daily needs
Sugar	3.6 g · 4% of daily needs
Sodium	682 mg · 30% of daily needs
Cholesterol	9.2 mg · 3% of daily needs
Vitamin C	11.9 mg · 14% of daily needs

Adapted from myrecipes.com. Find this recipe, ratings and more ideas at whatsheate.com/jamaican-black-bean-soup-148354