

# Spicy Black Bean and Coconut Soup

Nigerian frejon, a smooth puree of beans and coconut milk, inspired this rich, flavorful soup that happens to be vegetarian (even vegan). We blend only a portion of the bean mixture so the soup is lightly thickened, not a heavy puree, with lots of texture from creamy whole beans. If possible, use unrefined coconut oil—it adds extra coconut flavor and aroma; if not available, refined coconut oil works fine.

**4-6 Servings**      **Total time – 1 hour and 15 minutes**

## Ingredients

5 tablespoons coconut oil (see note), divided (2 Tb + 3 Tb)  
1/2 medium red onion, finely chopped, plus more to serve  
3 medium garlic cloves, chopped

14.5 ounce can coconut milk  
1 habanero chili, halved  
1/4 teaspoon ground allspice  
1 teaspoon minced fresh thyme  
Kosher salt (1.5 tsp)

Four 15 1/2-ounce cans black beans, rinsed and drained

1.5 tablespoons lime juice, plus lime wedges to serve  
Plum tomatoes, cored and chopped

## Directions

- In a large pot over medium-high, heat 2 tablespoons of coconut oil until shimmering. Add the onion and cook, stirring occasionally, until translucent, 5 to 7 minutes. Add the garlic and cook, stirring, until fragrant, about 1 minute.
- Add 2½ cups water, the coconut milk, habanero, allspice, thyme and 1½ teaspoons salt, then bring to a simmer.
- Add the beans and cook, stirring occasionally and adjusting the heat as needed to maintain a simmer, for 20 minutes.
- Remove the pot from the heat and cool for 10 minutes. Remove and discard the habanero halves.
- Transfer 3 cups of the bean mixture to a blender, add the remaining 3 tablespoons coconut oil and puree until smooth. Return the puree to the pot and bring to a simmer over medium.
- Off heat, stir in the lime juice, then taste and season with salt. Ladle into bowls and garnish with chopped tomatoes and chopped onion; serve with lime wedges.

**Tip:** Don't chop the habanero. To prevent the soup from becoming too spicy, we halve the chili, rather than chop it, to expose the heat-containing ribs and seeds. Don't forget to remove the chili halves before blending a portion of the bean mixture.

Web page: <https://www.177milkstreet.com/recipes/spicy-black-bean-coconut-soup>