

Brazilian Minestrone (Black Bean, Pasta, Bacon, and Vegetable Soup)



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Prep time

18 mins

Cook time

12 mins

Total time

30 mins

Brazilian minestrone is a quick and hearty soup made from black beans, pasta, bacon, and vegetables (the Southern Brazilian version of our black bean soup, with Italian influence).

Cuisine: Brazilian

Serves: 4

Ingredients

- 3 strips of thick sliced smoked bacon, chopped
- 1 brown onion, chopped
- 1 large carrot diced carrots (if using baby carrots, simply slice them into rounds)
- 2 celery sticks diced
- 1 400g can of black beans
- 3 litres beef stock
- 3 400g canned diced tomatoes and their juice
- Salt and pepper to taste
- 3 cups mezz rigatoni pasta (or any other small pasta of your choice such as macaroni or pasta shells)
- 1 bay leaf
- Chopped cilantro or parsley (optional)

Instructions

1. In a large stock pot, cook the chopped bacon over medium heat for about 5 minutes, stirring occasionally.
2. Add the onions and sweat them for about 3 to 5 minutes in the bacon fat.
3. Add the carrots and celery and cook over medium-low heat, stirring occasionally, for 3 to 5 minutes.
4. Add the beans, beef stock, tomatoes and their juice, salt and pepper to taste, pasta, and bay leaf.
5. Bring to a boil over medium-high heat; then cover, reduce heat to medium low, and simmer for about 10 to 12 minutes (or until pasta is cooked). Remove bay leaf and adjust the salt and pepper if necessary. Serve hot, sprinkled with chopped cilantro/parsley (if desired) and accompanied by bread. Enjoy!