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| Black Bean Soup 1 of 2 From Gretchen HansenServes 6INGREDIENTS2 cups dry black beans, soaked overnight (do not throw out this water)6 cups of water 1 Tbsp Olive oil 3 cups onion, chopped10 medium cloves garlic, crushed 2 tsp cumin2 tsp salt 1 medium carrot, diced1 medium red or yellow bell pepper, diced 1-½ cups orange juiceblack pepper (to taste) cayenne (to taste)2 medium tomatoes, diced (or use 1/2 to 2/3 of a 15 oz. can)Toppings: sour cream, cilantro, salsaDIRECTIONS1. Clean and soak beans overnight per directions on package.
2. Place the soaked beans in a heavy bottom stock pot or Dutch oven.
3. Measure the water that the beans were soaked in and add more water to make 6 cups.
4. Bring the beans to a boil, and then cover and simmer until tender (about 75 minutes).
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| Black Bean Soup 2 of 2 DIRECTIONS1. Heat the olive oil in a large skillet, then add onions, half the garlic, cumin, salt and carrot.
2. Sauté until the carrot is just tender, 15-20 minutes.
3. Add the remaining garlic and the bell pepper. Sauté until everything is very tender, 10-15 minutes.
4. Add the sautéed mixture to the beans. Stir in the orange juice, black pepper, cayenne, and tomatoes.
5. Puree some of the soup in a blender or food processor, and then return it to kettle.
6. Simmer over low heat 10-15 minutes so flavors blend.

Serve topped with an artful arrangement of sour cream, cilantro and salsa. |
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