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| Black Bean Soup 1 of 2 From Gretchen Hansen  Serves 6 INGREDIENTS 2 cups dry black beans, soaked overnight (do not throw out this water)  6 cups of water 1 Tbsp Olive oil 3 cups onion, chopped  10 medium cloves garlic, crushed 2 tsp cumin  2 tsp salt 1 medium carrot, diced  1 medium red or yellow bell pepper, diced 1-½ cups orange juice  black 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, salsa DIRECTIONS  1. 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). |
| Black Bean Soup 2 of 2DIRECTIONS  1. 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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