

Favorite Bean Soup

Ingredients:

3 pounds of dry beans (1 pound should be black beans)
1-2 pounds bag of carrots, sliced
3 stalks celery, chopped
1-2 large onion, chopped
2 28-ounce cans tomatoes
2 tablespoons chili powder
2 tablespoons cumin
2 tablespoons oregano
2 tablespoons dried cilantro
2 tablespoons olive oil
Salt to taste

Instructions:

1. Sort through beans in a colander, discarding discolored or imperfect ones. Rinse well. In a large pot, heat 12 cups of water until boiling. Add beans and boil for 3 minutes. Remove from heat, cover and soak for 1 hour.
2. Beans may also be soaked in cold water overnight, no longer than 16 hours.
3. Drain, (discard soak water), rinse beans and pot. Cover beans with fresh cold water; add salt if desired. Simmer until tender, about an hour, depending on freshness of beans
4. While beans are cooking, prepare vegetables. Sauté carrots, celery and onions in olive oil. Add to cooked beans.
5. Add chili powder, cumin, cilantro and oregano. Stir.

6. Add tomatoes that have been pureed in food processor and simmer soup until carrots are tender.

Source: LSU AgCenter

Serves: 24

Prep Time: 5 minutes + 1 hour

Cook Time: 1 hour

Nutrition Facts	
24 servings per container	
Serving size	about 3/4 cup
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 27g	10%
Dietary Fiber 9g	32%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 83mg	6%
Iron 2mg	10%
Potassium 313mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



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