

BLACK BEAN SOUP



Ingredients:

- 1 lb black beans, dried
- 4 c vegetable broth
- 1 c water
- 1/4 c cilantro, chopped (optional)
- 1 T cumin, ground
- 3 bay leaves
- 1 t salt
- 1 T pepper
- 2 T lime juice, freshly squeezed
- 2 c onion, chopped
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Directions:

1. Sort and wash beans and place in a bowl
2. Cover beans with water and then cover bowl with plastic wrap
3. Let beans stand 8 hours, drain
4. Combine beans, broth, onion, cumin, pepper, and bay leaves in a slow cooker.
5. Cook on LOW 10 hours. Discard bay leaves.
6. Stir in lime juice and salt. Serve in bowls and sprinkle with cilantro.

Makes 6- 1 1/2 cups servings



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