

Black Bean Soup (January 2007)

Serves 4-6 | Prep time: 10 minutes | Cook time: 30 minutes

2 T sun dried tomatoes, chop after hydrating
1 cup luke warm water

2 T olive oil
1 small yellow onion, diced
1 cup portabella mushrooms, diced
2 cloves garlic, chopped
1 tablespoon fresh ginger, chopped
½ teaspoon ground black pepper
3 teaspoon ground cumin
1 teaspoon ground coriander
1/8 teaspoon ground cinnamon

1 ½ 28 oz. cans diced tomatoes
3 15 oz. cans black beans (strained and rinsed)
2 teaspoons sea salt
1 cup water

3 T chopped cilantro

1. Submerge 3 sun-dried tomatoes in 1 cup luke warm water. Allow to soak.
2. Heat a large pot over medium heat.
3. Add olive oil and onion. Sauté briefly.
4. Add mushrooms and sauté until onions begin to become translucent.
5. Add garlic, ginger, cumin, coriander and cinnamon. Sauté until fragrant.
6. Add tomatoes, beans, salt and water. Stir and allow to simmer for 15 minutes.
7. Add water with sun-dried tomatoes. Stir.
8. Continue to simmer for 10 more minutes. Add more water if necessary during cooking.
9. Garnish with cilantro and serve hot.