

Black Bean Soup

Unit: 8 Qt. Roaster

(Recipe using dry beans)

| | |
|---|--|
| 8 - Cups of Water | 1 - Large Onion Cut on #2 Blade |
| 4 - Cloves of Minced Garlic | 3 - Tbsp. Ground Cumin |
| 1 - Tsp. Ground Coriander | 2 - Tsp. Ancho Chili Powder |
| 1/2 - Tsp. Chipotle Chili Powder | 1 - Tsp. Corn Starch |
| 4 - Cups of Dry Black Beans | Salt to taste |

Soak the beans in 4 cups of water for a minimum of 3 hours before cooking.(Overnight is best)
Next, drain the water the beans were soaking in and combine all of the ingredients except for the corn starch into a medium roaster pan or large skillet.

Rotate the valve below the knob to open and cook on medium heat. (325 with the electric skillet)
When the valve whistles, reduce the heat to medium low heat for 1 hour or until done.

When finished, combine the cornstarch in a small glass with 2 Tbsp. water. Pour into the beans and cook until thickened.

(Recipe using canned beans)

| | |
|--------------------------|--------------------------------|
| 4 - Cups of Water | 4 - Cans of Black Beans |
|--------------------------|--------------------------------|

Drain the beans and rinse them. Follow instructions above for the remaining cooking.



HEALTH QUEST