

Sage Garden Project Bean Soup

The gift bags of soup we create and give from the program!

Ingredients - each bag of soup mix has this inside:

1 c brown rice (in a separate bag)

Spices:

1/2 c dried onion flakes
1 T dried crushed basil leaves
1 t ground black pepper
1/2 t cumin
1/2 t garlic powder
1/4 t ground ginger
1 bay leaf

Beans:

1/2 c dried small red beans
1/4 c dried white navy beans
1/3 c dried lentils
1/3 c dried yellow-green split peas

You will also need:

8-12 c stock – vegetable, chicken, or beef (that's 2-3 cartons)

Optional additions:

Fresh vegetables, especially carrots, greens, squash, or peeled tomatoes
Chicken or beef cut into bite-size pieces, or just bones for flavoring
Fresh herbs or cheese crumbles for topping

Directions:

- Remove seasoning mix and rice packets, set aside.
- Rinse beans, place in a large stockpot with 9 cups water. Bring to a boil and cook for 5 minutes. Remove from heat and let stand 30 minutes. (Alternatively, you may soak beans overnight.) Drain beans and return to the stockpot.
- Add brown rice, 12 cups of chicken or vegetable stock, and the seasonings. Bring to a boil, cover, simmer for 1 hour until beans and rice are tender. Add any meat or bones at the beginning of this hour – vegetables for just the last 10 minutes.
- Garnish individual serving with chopped chives, parmesan cheese, etc.

Makes 8 servings.

Nutritional info not available at this time.

