## Vegetarian Bean Soup

## Scan for interactive recipe





Serves: 8

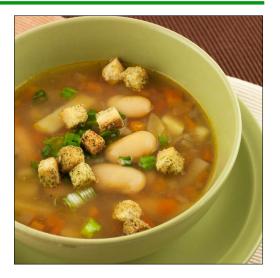
Prep: 10 minutes | Cook: 1 hour 10 minutes

## **INGREDIENTS**

- 1 pound dry beans (like navy, pinto, chickpeas, black beans, etc.)
- 4 cups water
- 1 tablespoon olive oil
- 1 onion, diced
- 3 carrots, diced
- 6 cloves garlic, minced
- 1 teaspoon thyme
- 1 tablespoon cumin
- 1 teaspoon crushed red pepper
- 2 bay leaves
- 1 1/2 teaspoons salt, more to taste
- 10 cups water

## **DIRECTIONS**

- Rinse beans in a strainer. Transfer to a pot or a bowl and cover with 4 cups water. Let soak overnight, up to 24 hours.
- 2. Drain beans when ready to use. Heat a large pot over medium heat. Add oil, onions, carrots and garlic. Sauté for 3-5 minutes, until softened.
- 3. Add beans, thyme, cumin, crushed red pepper, bay leaves, salt and 10 cups of water.
- 4. Bring soup to a boil. Lower heat and simmer for 60-90 minutes, covered, until beans are very soft.
- Once beans are soft, remove bay leaves.Taste and add salt and pepper as needed.



Nutrition Information	
Serving Size: 1/8 of recipe made with navy beans	
Calories	229
Total fat	3 g
Saturated Fat	0.4 g
Cholesterol	0 mg
Sodium	468 mg
Carbohydrates	39 g
Fiber	15 g
Sugars	4 g
Protein	13 g

Recipe source: aspicyperspective.com