Vegetarian Bean Soup

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
1. 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.
5. 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

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