



Garden Fresh Farm Recipes

Black Bean Soup

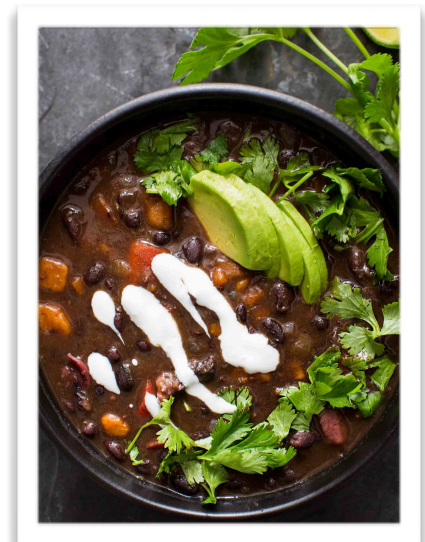
It's fall time at RizzieFarms and time for a hearty, flavorful soup, dinner or weekend game day!

Ingredients:

1 pound Dried Black Beans
4 cups Low Sodium Chicken Broth
2 cups Water
3 cloves Garlic, Minced
1 whole Medium Onion, Diced
3 whole Green Bell Pepper, Seeded and Diced
2 Bay Leaves
1 teaspoon Kosher Salt
1-1/2 teaspoon Chili Powder
1-1/2 teaspoon Cumin
1/2 pound smoked Pork Butt, Chopped

Garnish

Sour Cream
Onion finely diced
Avocado, diced
Cilantro Leaves
Lime Wedges
Corn Tortillas Cut Into Strips



Directions:

Place the beans in a bowl or pot, cover with cold water, and allow to soak overnight - or - add beans to a medium pot and cover with hot water. Bring to a boil, then boil for 2 minutes. Turn off the heat, cover the pot and allow the beans to sit for 1 hour. Drain the beans and rinse them with cold water.

In a medium pot, add beans, chicken stock, water, onions, bell peppers, bay leaves and Pork. Bring to a boil, then reduce the heat to low, cover, and simmer for 1 1/2 hours. At that time, add salt, chili powder, and cumin and stir. Cover and continue simmering for another 30 minutes to 1 hour, until the liquid level is to your liking.



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Taste for seasoning and add more of what it needs. Serve soup in a bowl with sour cream, diced onions, extra diced bell pepper, avocado, cilantro, tortilla strips, and a lime wedge.