

Bean Soup

Also Needed
14 oz (397ml) diced tomatoes

Remove spices. Rinse rest of ingredients & drain. Place in pot, add 6 cups water. Boil for 10 min to remove bean toxins. Remove from heat and let soak for 1 hour. Drain, rinse, drain. Return to pot, add 7 cups water, 1 can (14 oz/398 ml) diced tomatoes, spice mix and bay leaf. Boil. Reduce heat and simmer for 1 - 1 1/2 hours. Adjust seasoning & garnish. Makes 9 cups.

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