

Sip, Slurp and Savour ...

Gluten Free Priest's Black Bean Soup

Ingredients

- 10 Sun Dried Tomatoes (not packed in oil)
- 1 cup boiling Water
- 1 ½ cups finely chopped Onions
- 3 Garlic Cloves, minced or pressed
- ¼ tsp Cayenne
- 2 tbsp Vegetable (not olive) Oil
- 2 tsp Ground Cumin
- ½ tsp Ground Coriander
- 1/3 cup Water or Broth (I find broth adds even more flavour)
- 3 cups undrained canned Diced Tomatoes (28 oz can)
- 4 cups undrained cooked Black Beans (two 16 oz cans)

Optional:

- ¼ cup chopped Fresh Cilantro
- Plain Yoghurt or Sour Crème



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Method:

In a small bowl, cover the sun-dried tomatoes with the boiling water and set aside.

In a soup pot, sauté the onions, garlic and cayenne in the oil until the onions are translucent (up to 5 minutes); stir frequently – don't let the onions get crispy! Add the cumin, coriander, 1/3 cup water (or broth), and the can of tomatoes. Cover and bring to a boil. Lower heat and simmer for about 5 minutes. Add the black beans and their liquid, and continue simmering, stirring occasionally.

Drain the liquid from the sun-dried tomatoes, chop the tomatoes and add them into the soup, cooking for another 5 minutes. Remove from heat. Puree. If you feel the soup is too thick, add more water or broth until it reaches the consistency you prefer.

If you wish add the cilantro and/or a dollop plain yoghurt or sour crème.

One of the most flavourful and one of the easiest soup recipes I have ever made. Vegan, dairy free, egg free, gluten free... free of everything except outstanding taste! (with thanks to the original Moosewood Cookbook)

**Mission to Seafarers
Southern Ontario**

Recipe courtesy of Mission to Seafarers
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www.toangels.ca

For more information, visit www.soupalicious.ca

Soupalicious is an event held to support the veggie-growing and food-sharing program, Plant a Row • Grow a Row. To help all those in need, plant and grow an extra row of your favourite veggies and donate the harvest to your local food bank.