

Recipes from FormerChef.com

Black Bean Soup with Avocado Salsa (Vegan)

1 lb dried black beans
1 cup diced carrots (2 med.)
1 cup diced onion (1 ea.)
1 cup diced celery (about 3 stalks)
1/2 cup diced red bell pepper (1/2 pepper)
1/2 cup diced yellow bell pepper (1/2 pepper)
3 cloves garlic, minced
2 Tbsp olive oil
1 ea 28oz can of diced tomatoes (I used organic)
32 oz vegetable stock plus 3-4 cups water (or more veg stock)
1 tsp dried oregano
1/2 tsp ground cumin
salt and pepper

Cover the dried black beans in water and soak 8 hours or over night. When ready to cook the soup, drain the beans and rinse.

Heat a large soup pot and add the olive oil. Add the carrots, onions and celery and saute until soft. Add the garlic and bell peppers and saute another 2 minutes. Add the dried oregano and cumin, mixing it all together. Mix in the diced tomatoes and then the 32 oz of vegetable stock.

Bring the soup to a simmer and cook until the beans are soft. You will need to add water or more stock as the beans absorb the liquid. Add it in, one cup at a time, as needed. When the soup is done (about 1.5 hrs), add salt and pepper to taste. Serve, topped with avocado salsa and a side of corn tortilla quesadillas (with soy cheese if vegan).

Avocado Salsa

1 avocado, diced (ripe, but still firm)
4 oz cherry tomatoes (I used multi-colored ones)
2 green onions, sliced
1/2 lime (juiced)
1 Tbsp fresh cilantro (chopped)
salt and pepper

Dice the avocado and cut the cherry tomatoes in half. Slice the green onions (white parts and some of the green) thinly on the diagonal. Combine all ingredients, taking care not to mash the avocado.