

# Red Bean Soup

Serves 6

## Ingredients

1 tablespoon olive oil  
1 ½ cups chopped yellow onions  
¼ cup chopped green bell peppers  
1 tablespoon minced garlic  
4 bay leaves  
2 cups dried red kidney beans, soaked overnight  
1 tablespoon Special Seasoning,  
2 quarts vegetable stock  
1 teaspoon salt  
3 tablespoons chopped parsley  
1 cup diced carrots  
1 ½ cups cooked long-grain brown rice, warm  
6 tablespoons chopped green onions

## Instructions

1. Heat the oil in a large heavy pot over high heat. Add the onions, bell peppers, garlic, and bay leaves, and cook, stirring, for 2 minutes.
2. Add the beans and cook for 2 minutes.
3. Add the Special Seasoning and stock, stir well, and bring to a boil. Reduce the heat to medium and cook for 1 ½ hours, until beans are tender, stirring occasionally.
4. Add the salt and parsley, cover the pot, and cook for 15 minutes. Discard the bay leaves. Remove 1 cup of beans from the pot and reserve.
5. With a hand-held immersion blender, or in batches in a food processor, puree the red beans. Add the reserved beans, and stir well.
6. To serve, ladle a generous cup of the soup into each of 6 bowls.
7. Top each serving with ¼ cup of the rice and 1 tablespoon of green onions.

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