

Bean Soup

Soak 1 package Bob's Bean Mix overnight. Discard water and rinse beans. Bring beans to a boil then simmer for 3 hours with the following ingredients:

5 quarts purified water	5 cinnamon sticks
6 heaping tsp vegetable broth powder	5 bay leaves
4 whole chillies	1 organic orange, peeled

Once the beans are well cooked, add the following and simmer for an additional hour:

2 (875ml) cans tomatoes	6 Tbsp fresh parsley
1 whole bulb garlic, peeled	3 Tbsp olive oil
1 cup onions	1 Tbsp salt
1 cup celery	2 Tbsp chilli powder
1 cup carrots	2 Tbsp basil
3 ½ Tbsp sesame oil	1 Tbsp cayenne pepper
6 Tbsp tamari	1 ½ tsp thyme

Great for freezing in smaller portions for quick and nutritious lunches.