

Sweet Kidney Bean Vegetable Soup

Ingredients:

1 cup dried kidney beans
3 large onions, chopped (can be water sauteed or lightly sauteed in olive oil)
1 large Japanese yam, peeled and diced
1 large parsnip, diced
2 carrots, diced
2 stalks celery, sliced
1 piece ginger, peeled and sliced
1 piece kombu seaweed, rinsed
sea salt and/or shoyu to taste
optional garnish- chopped cilantro, parsley or scallion.

Quick cooking method for beans:

Sort beans, checking for stones. Rinse in cold water. Put in pot with enough water to cover well. Bring to a boil, then immediately shut off heat, cover, and let sit for an hour. Pressure cook the beans, in their water, with the rinsed kombu added for at least 1 hour, until soft.

Alternate method for cooking beans:

Cook beans on low boil, covered, until soft. This may take up to 2 ½ hours. Be sure there is enough water to keep them covered while cooking.

Preparation of soup:

Add vegetables to cooked beans and water. Bring to a boil, cover. Simmer, stirring occasionally until vegetables are soft. Add sea salt and/or shoyu to taste and simmer for another 5 minutes. Optional garnish with chopped cilantro, parsley, or scallion.

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