

# Turtle Black Bean Soup



## Ingredients

- 1 cup dried turtle black beans or other variety of dried black beans
- 1 (14-15oz) can corn, drained
- 1 (14-15oz) can carrots, drained and chopped
- 1 (14-15oz) can diced tomatoes or tomato sauce
- ½ cup dry pasta or ½ cup dry rice
- 4 cups broth
- 1 tbsp oil
- Seasonings: Try ½ tsp each of garlic powder, onion powder, and cumin
- Salt & pepper to taste
- Optional additions: Canned green chiles, canned chicken, etc

## Instructions

1. Sort and rinse the dried beans, removing any debris or damaged beans.
2. Soak the beans either overnight in a large bowl covered by three inches of water, drain & rinse OR boil the beans in water for 2 minutes, remove from heat, cover, and let sit for one hour. Drain & rinse.
3. Cook the beans by placing the soaked beans in a pot and cover with 2-3 cups fresh water.
4. Bring to a boil and reduce to a simmer. Cook 60-90 minutes until beans are tender. Drain.
5. In a large pot, heat the oil over medium heat. Add the cooked beans, corn, carrots, diced tomatoes/tomato sauce, broth, and spices. Stir and bring to a simmer.
6. Add the dry pasta or rice to the simmering soup and cook for 10-15 minutes for pasta, or 15-20 minutes for rice. Stir occasionally, and adjust spices as needed. Ladle into bowls and enjoy.

