



## Ingredients

<b>1 lb.</b> 15 Bean Soup Mix *	<b>1 tsp.</b> Cumin
<b>2 Tbsp.</b> Coconut Oil **	<b>1 tsp.</b> Oregano
<b>1</b> Yellow Onion	<b>½ Tbsp.</b> Smoked Paprika
<b>2 cloves</b> Garlic	<b>¼ tsp.</b> Cayenne Pepper
<b>4</b> Carrots	<b>¼ cup</b> Fresh Parsley (optional)
<b>3 ribs</b> Celery	<b>2 tsp.</b> Apple Cider Vinegar
<b>6 cups</b> Water	<b>to taste</b> Black Pepper
<b>1 15oz can</b> Diced Tomatoes	<b>to taste</b> Salt

## Directions

- 1** The night before, place the beans in a large bowl and add cool water until the beans are covered with twice as much water as the beans. Let the beans soak overnight, or for at least 8 hours, in the refrigerator.
- 2** When you're ready to begin cooking, drain the beans in a colander and rinse them well with fresh water. Set the beans aside so they can begin to warm up.
- 3** Mince the garlic and dice the onion. Add the garlic, onion, and coconut oil to a large soup pot. Sauté over medium heat for about 3-5 minutes, or until the onions are soft and transparent.
- 4** While the onion and garlic are sautéing, dice the celery and carrot. Once the onions have softened, add the carrot and celery to the pot and sauté for about 5 minutes more, or just until the celery starts to soften.
- 5** Add the beans to the pot along with 6 cups of water, and stir to combine. Place a lid on the pot, turn the heat up to medium-high, and bring it up to a boil. Once it reaches a rolling boil, turn the heat down to low or medium-low, and let the beans simmer for 90 minutes, stirring occasionally.
- 6** After 90 minutes, the beans should be quite soft and have broken down a bit, causing the water to look slightly thick and cloudy. Add the diced tomatoes (with juices), cumin, oregano, smoked paprika, cayenne pepper, and parsley to the pot. Stir to combine, then let the soup simmer for another 20 minutes.
- 7** Taste the soup and add salt to taste (I added 1.5 tsp). Finally, stir in the apple cider vinegar. Keep in mind that as the soup is stored in the refrigerator, the salt may absorb into the beans and taste more muted. You may need to add more salt the next day.

\*This is just a mix of 15 bean varieties in one bag, with an envelope of seasoning included. I used only the beans and tossed the seasoning packet.

\*\*I used coconut oil because it has a mouthfeel similar to animal fat. You can use your favorite cooking oil in its place, if you prefer.

