



Sprouted Black Beans Soup

Made with our sprouted black beans, this hardy soup will warm you on the coldest days this winter.

- 10 slices (nitrite/nitrate-free) bacon, chopped
- 2 medium organic onions, chopped
- 6 cloves organic garlic, chopped
- 2-3 cups chicken stock
- 1 can (14.5oz.) organic chopped tomatoes
- 2 tablespoons fermented ketchup
- 2 teaspoons Worcestershire sauce
- 1 tablespoon chili powder
- 4 cups cooked sprouted Black Beans*
- Sea salt and pepper to taste
- Juice of ½ lime
- Chopped cilantro for garnish
- Sliced scallions for garnish
- Sour Cream for garnish
- Grated Cheddar for garnish

Put the bacon into a large heavy pot and place it over medium heat. Cook until it starts to give up its fat, about 4 minutes. Stir in the onions and cook, stirring until they start to turn translucent, about 4 minutes. Stir in the garlic and cook about 1 minute. Add the chicken stock, tomatoes, ketchup, Worcestershire, and chili powder. Stir in the beans, turn the heat to high and bring all to a boil. Reduce heat to low and let simmer for 15-20 minutes to blend flavors and thicken soup. Stir in the limejuice. Serve with garnishes and your favorite sprouted bread or crackers. NOTE: Measure your 4 cups of black beans for this recipe after they've been cooked, not as dried beans.

*To cook sprouted black beans: Place 4 cups of dried sprouted black beans in a pot with 2 quarts of cold filtered water. Add 1 teaspoon of sea salt (optional). Bring water to a boil. Stir beans, reduce heat, cover and simmer about 30 minutes. Check the consistency of the beans (they'll cook quicker than un-sprouted dry beans) after 30 minutes. Extend the cooking time until beans have reached the tenderness you prefer.