

Bean Soup for 25 by Shanthi Balakrishnan



What?

Yellow onions : 3 cups chopped
Garlic cloves : 6-8
Carrots : 5 diced
Celery stalk : 6 diced
Veg Broth : 1 carton(32 oz)
Fresh tomatoes : 2 cups
Canned beans (cannellini) : 4 cans
Canned beans(black) : 2 for grinding
Salt and pepper
Bay leaves : 2
Olive oil
Fresh cilantro : 1 cup chopped

How?

- 1.Heat oil in a large pot , add bay leaves and saute 30 secs
- 2.Add diced onions and minced garlic and saute 30 secs
- 3.Add the cut veggies(carrots and celery) and saute 3 minutes
- 4.Add veggie broth and water; once the veggies are half cooked add salt and pepper
- 5.For thicker consistency grind one can of black beans and one cup of tomatoes and add to soup. Add the second cup of tomatoes. Boil for 8 minutes on medium heat.
6. Add the 4 cans of cannellini beans and boil another 8 minutes on medium flame
7. Add salt and pepper as desired; garnish with your favorite