

African white bean soup

Soup:

2 cups navy beans

Soak over night cook separately for 90 minutes or pressure cook until they are very soft

In a heavy wok or pan sauté

2 large red onions

1 head garlic

4 stalks celery

1 jalapeño pepper or 1 tsp crushed red pepper

3 Tablespoons olive oil

Sauté. When soft, add to the cooked beans

Also add:

2 medium zucchini, diced

4 medium carrots, sliced into rounds or an equivalent amount of butternut squash

1 small sweet potato, peeled

2 Tablespoons salt

Let cook until vegetables are soft. Add:

1 large can crushed tomatoes

1 tsp. dried basil (or 1 large bunch fresh)

1 tsp. dried oregano

3/4 cup almond butter

Water—enough to make it soupy (2-3 liters)

