

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: There's Nothing Better than Soup for a Chilly Winter Afternoon!

Zippy and Creamy:

Easy Veggie Black Bean Soup

2 TB Extra Virgin Olive Oil
2 Cups Chopped Red Onion
2 Red Peppers, Chopped
1 Tsp Grated or Minced Garlic,
(about 2 cloves)
3 TB Chopped Fresh Oregano, Plus
more for Garnish
1 TB Cumin
2 Chipotle Chilies in Adobo,
Chopped + 2 TB Adobo Sauce
10 Cups Water
1 Bay Leaf
2 Cups Dried Black Beans, Soaked
Overnight
1 TB Unsweetened Cocoa Powder
½ Cup Minced Fresh Cilantro
4 Green Onions, Thinly Sliced
Sea Salt and Black Pepper
Light Sour Cream

Step One Heat the olive oil in a large

pot over medium-high heat. Add the red onion and the peppers; sauté until the onion is translucent. Add the garlic and sauté for 1 minute

Step Two Reduce the heat to low, and add the oregano, cumin, Chipotle chilies and adobo sauce and sauté for 1 minute. Add the water, bay leaf, and soaked beans. Bring the soup to a boil, then lower to a simmer and cook uncovered for 1 hour, until the beans are tender.

Step Three Stir in the cocoa powder, cilantro, green onions and simmer for 5 minutes. Taste and adjust for seasoning with salt and pepper. Puree with an immersion blender to your desired consistency. Top with light sour cream and oregano. Serve with corn tortillas or chips.

2 Kitchen Smidgen

Black beans are used by cooks all over the world. Sometimes they are referred to as "turtle beans" because of their slick black shells.

3 Get Creative

Try serving Yellow Brown Rice with your Black Beans. Use ¼ Cup Minced Yellow Onions, 2 TB Olive Oil, 1 TB Turmeric, 1 Tsp Freshly Cracked Black Pepper, 2 Cups Brown Basmati Rice, 4 Cups Vegetable Broth and 2 TB Chopped Parsley Sauté the yellow onions with the olive oil in a large stock pot until soft. Add the turmeric and pepper and cook and stir another minute. Add the rice and broth. Bring to a boil. Cover and reduce the heat and let simmer for 40 - 45 minutes or until the rice is done. Stir in the parsley.

4 WINE of the Week

2 Up Shiraz

McLaren Vale, South Australia
Cost Plus World Market around \$15.00

One of the first things you will notice about this wine is the beautiful purple color. With the first sip you'll discover a fruit forward, jammy and concentrated wine that is a great pairing with zesty black bean soup. You'll enjoy the taste of prunes and dark cherries with a little oak and a long delicious finish.