



Bean There, Smoked That

From: Andy Yavello

Prep Time: 30 min

Serves: 15+

Cook Time: 1.5 hours

Instructions

- 1) Drain soaked beans, rinse well, and place in a large soup pot. Cover with vegetable stock. Add garlic, rosemary, and thyme. Bring to a boil over high heat, then reduce to a simmer. Cover partially and cook for about 30 minutes. Beans should be nearly tender but slightly al dente. If not tender, cook an additional 10–15 minutes.
- 2) Place tomato paste in a small bowl. Ladle in a little of the hot cooking liquid and stir to combine. Add the tomato mixture to the pot along with smoked sea salt, onion, celery, and diced tomatoes. Increase heat to bring back to a boil, then reduce to medium-low and simmer uncovered for 30 minutes, or until beans are fully tender and vegetables are soft.
- 3) Remove from heat. Stir in apple cider vinegar and liquid smoke. For a creamier texture, remove about 2 cups of soup and blend, or use an immersion blender to partially purée the soup.
- 4) Top with Crunchy Mung Beans!

Notes

Ingredients

- 2 cups dry great northern beans or other small white beans, soaked 8 hours or overnight
- 10 cups vegetable stock
- 6 cloves garlic, thinly sliced
- 1 tablespoon Rosemary dried
- 1 teaspoon Thyme dried
- Tomato paste – small can
- 1 teaspoon smoked sea salt
- 1 large yellow onion, chopped (about 1 1/2 cups)
- 4 small stalks celery, cut into 1/4-inch dice (about 1 cup)
- 1 (28-ounce / 800 g) can diced tomatoes, with juice
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon liquid smoke

Topper:

* Crunchy Mung Beans—a sprouted super snack!

