

Brazilian Black Bean Soup

Season: Summer

Type: Brazilian Soup

Difficulty: 

Serves: 6

From the garden: Onions, garlic, carrot, capsicum, orange juice.



Equipment:	Ingredients:
Knife	2 Tablespoons of Olive Oil
Chopping boards and mats	2 onions (chopped)
Measuring cups	4 cloves garlic
Saucepan	2 carrots(diced)
Wooden spoon	3 teaspoons cumin
	1 capsicum (diced)
	800g black beans (substitute kidney beans)
	2 ½ cups stock
	1 cup orange juice
	1 pinch cayenne pepper
	Sour cream to serve (optional)

Method:

Heat oil in large saucepan over medium heat.

Add onion, half of the garlic and carrots.

Add cumin.

Cook stirring until onion and carrots are tender.

Stir in remaining garlic and the red capsicum.

Continue cooking until tender.

Add beans, stock, cayenne pepper and orange juice.

Blend until smooth.

Simmer 10-15 minutes to allow flavours to develop.

Garnish with sour cream if desired.