

## **BLACK BEAN SOUP WITH BROWN RICE**

1 lb black beans  
3 qt. Soup stock, any flavour or 10 bouillon cubes dissolved in water  
1 medium onion, chopped  
1 cup chopped celery  
1 cup chopped carrot  
2 cloves garlic (finely minced)  
¼ t cayenne pepper  
¼ t ground black pepper  
Salt to taste  
2T lemon juice  
4T dry sherry  
1 cup cooked brown rice  
1 cup sour cream or yogurt

Wash beans well and place them in a pressure cooker. Cover beans with 1 qt of stock or bouillon and pressure cook them for ½ an hour at 15 lbs (second red ring on pressure cooker). Release the pressure from the pressure cooker and add vegetables and remaining stock. Pressure cook for 15 minutes more. Release the pressure and puree the soup in your blender or with an immersion stick blender. Put beans through a ricer to remove any large pieces of beans. Return soup to pot and stir in cayenne, black pepper, salt and lemon juice. Return to heat and simmer for 20 min. Just before serving add dry sherry to soup. Serve in large hot bowls and garnish each portion with cooked brown rice and yogurt.

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