



## Mixed Bean with Grains Soup (8 servings)

### Ingredients

- |   |                                 |
|---|---------------------------------|
| 1/2 pound mixed beans of your choice<br>( <i>kidney, mung, great northern, lima</i> ) | 2 zucchini                      |
| 1/2 pound grains of your choice<br>( <i>rice, barley, buckwheat, millet, corn</i> )   | 1 tsp cumin                     |
| 2 Tbsps coconut oil   | 1 tsp oregano                   |
| 1 yellow onion  | 1/2 Tbsp smoked paprika         |
| 6 cloves garlic - chopped   | 1/4 tsp harissa seasoning*      |
| 5 carrots - diced   | 1/4 cup fresh parsley - chopped |
| 4 celery ribs - diced   | 1 small can tomato paste (6 oz) |
| 1 package chorizo sausage - chopped   | 6 cups water                    |
| 4 tomatoes - medium sized, diced  | Sea salt to taste               |
|   | Freshly cracked pepper to taste |

### Preparation

- Rinse and soak beans in a large bowl, for 8 hours or overnight, with twice the amount of water needed to cover them, in the refrigerator. Drain the water and rinse the beans well. Set the beans aside until they are room temperature.
- Add coconut oil to a large soup pot and add the onions and garlic. Sauté over medium heat for about 3-5 minutes, or until the onions are soft and transparent. While they are cooking, dice the celery and carrot. Once the onions have softened, add the carrot and celery to the pot and sauté for 5 minutes more, or just until the celery starts to soften.
- Add the beans to the pot, along with the 6 cups of water, and stir to combine. Place a lid on the pot, turn the heat up to medium-high, and bring the contents to a boil. Once it reaches a rolling boil, turn the heat down to low, or medium-low, and let the beans simmer for 90 minutes, stirring occasionally. *(Continued)*



- The beans should be quite soft and have broken down a bit, causing the water to look slightly thick and cloudy. Add the diced tomatoes (with juices), and seasonings to the pot. Stir to combine, and let the soup simmer for another 20 minutes.
- Taste and add salt and pepper to taste.

**Note:**

*Keep in mind, that as the soup is stored in the refrigerator, the salt may absorb into the beans and taste more muted. You may need to add more salt the next day.*

*\*Harissa is a Tunisian hot chilli pepper paste. This condiment can be purchased at an Indian, or Middle Eastern grocery. To make your own, check out this harissa recipe: **Homemade Harissa Spice Powder Blend Recipe**.*

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**Nutritional Information** (262 calories per serving)

<i>Fat:</i>	14.13g
<i>Sodium:</i>	256mg
<i>Carbohydrates:</i>	43.66g
<i>Protein:</i>	14.13g
<i>Fiber:</i>	50g