

## **Name of Dish: Soup Beans**

The Appalachian region stretches for 1,000 miles across many states and its cuisine is as diverse as the immigrants, natives and settlers who have populated the region over its history. Two things that traditional dishes from this region tend to have in common is that they are centered around locally sourced ingredients with a winterproof shelf life, such as canned vegetables, beans, and grains. Below is a bean soup recipe provided by a Catholic community in Appalachia to fill your Lent with some warmth and some satisfying protein.



### **Ingredients**

- 16 ounces dry pinto beans
- 1 diced onion

- 2 cloves minced garlic
- 4 cups water
- 4 cups vegetable broth
- ½ teaspoon ground cumin
- 1 teaspoon smoked paprika or liquid smoke
- Salt and pepper to taste

## **Directions**

### **Step 1**

Sort through the beans. Rinse well and place in a large pot. Add enough water to cover the beans. Let soak overnight.

### **Step 2**

Drain and rinse beans well. Return to pot.

### **Step 3**

Add onion, garlic, water, broth, cumin, and smoked paprika.

### **Step 4**

Bring to a boil. Reduce heat to a simmer and cover

### **Step 5**

Beans should be tender in 3-4 hours. Check periodically to make sure there is still plenty of liquid. Add broth/water as necessary.

### **Step 6**

After beans are tender, season with salt and pepper.

### **Step 7**

Serve with corn bread, diced onions, chow chow relish, etc.