

Black Bean + Cabbage + Curry Soup: Peter Pearson

First featured at a Lenten Wednesday Soup 'n' Service.

- In a large sauce pan, sauté 1–2 teaspoons chopped garlic in 1 tablespoon oil.
- Add one chopped onion and sauté till translucent.
- Add half a chopped head of cabbage and sauté.
- Add one or two teaspoons of curry powder and a pinch of black pepper.
- Add one can of black beans.
- Add vegetable stock or miso stock or V8 Juice and simmer for several hours, stirring regularly. (If you need to thin the soup later, consider adding a can of beer or NA beer for a rich flavor boost.)
- Add chopped Cilantro or Parsley to finish and salt to taste.

This is great with crusty bread and sometimes comes out more like a vegetable stew. Good Lenten fare.