

Recipes from Camp Trillium

by Louise Gaylord

BLACK BEAN SOUP

Recipe makes 1 gallon.

- 1 cup black beans
- 2 medium onions, diced
- 2 tsp. garlic, chopped
- 10 plum tomatoes, roughly chopped
- 2 cups bacon, diced
- 1 bay leaf
- 1 jalapeño, chopped
- 1 gallon chicken stock
- Salt
- Pepper
- 1 bottle dark beer

In a soup pot, combine all of the ingredients except the dark beer. Bring the stock to boil. Cover and simmer over low heat until beans are tender, approximately 3 hours.

Just before serving, add beer and bring to near boil for 3 minutes until alcohol evaporates.

Garnish with any of the following:

- 1 red onion, diced
- 1 tsp. lime juice
- 1 tsp. minced jalapeño
- 1 large bunch cilantro, chopped

Mix and salt and pepper to taste. Optional: Add a small dollop of non-fat yogurt.