

## 15 Bean soup

### 15 Bean Soup Mix bag

Toss the seasoning packet into the trash where it belongs

1 small ham hock, or 3 strips of cooked bacon (lightly cooked, but I suggest a ham hock, ask butcher at store if unable to find) You can also use a veggie stock that has been reduced for flavor if making vegetarian

1 smaller box or 1 6-8 oz can of decent Beef or vegetable broth

½ cup Shallots diced small

1 cup carrots sliced or diced

1 8oz can of diced tomatoes, drained

Bay leaf

Dried Coriander, Mustard seed, Celery Seed, Salt and Pepper, Chili Powder

Dried cumin, dried thyme

Diced garlic (they make sweet little jars already diced in produce section)

Take bag of beans and 10 cups of water

Bring beans to a boil, add 1 more cup of water, bring down to simmer, cover and cook for 5 minutes, then turn burner off, leave beans cover and let soak for 45 minutes

After 45 minutes, bring back up to simmer for 5 minutes

Remove 3 cups of water from the pot, replace with 3 cups of beef broth

Add tomatoes, carrots, shallots, and any other veggie (if you want, sometimes I'll put cabbage into it)

Add spices to taste. I like

1/2tsp chili powder, celery seed, mustard seed, coriander, thyme

Couple shakes of cumin, parsley or fresh rosemary is fine too

Bring all that to a boil. If it seems like the beans will need more liquid add more beef broth.

After bringing to a boil, reduce to simmer and cook uncovered for around 30 minutes or until beans are soft and tasty, the liquid has reduced a bit, and you like the flavor

As with any of my recipes, it is easy to sub stuff and add as you go, plus the bag of beans makes it super easy to bring together with really, any veggies you have in your drawer, though some softer ones (like zucchini, spinach, kale, etc.) should be added near the end, so they do not end up all squishy and gross.