

Recipe

Black Eye Bean and Pasta Soup

By

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Ingredients

- 1 C black eye beans
- 5 C water
- 1 celery stick chopped
- 2 carrots, chopped
- 1 bay leaf
- 3 C chopped tomatoes
- $\frac{3}{4}$ C pasta shapes such as farfalle or any other of your choice
- $1\frac{1}{2}$ Tsp salt
- $\frac{1}{4}$ Tsp black pepper
- 100 g spinach, washed and stalks removed

Preparation

1. Wash and soak the beans for 6-8 hours. Drain. In a saucepan, cook the beans with water until tender. Or alternately you can pressure cook the beans until tender but not broken.
2. After the beans are cooked add celery, carrots, bay leaf and tomatoes. Cook over medium heat until the vegetables are half cooked.
3. Add the pasta, salt, black pepper and cook until both the vegetables and pasta are tender. Stir frequently to prevent the pasta from sticking.
4. Lastly add the spinach and cook for 2 minutes. Serve hot.

Serves

4-5

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