Recipe
Pinto Bean Soup

By
Madhavi d.d.
Ingredients

- 2 cups cooked pinto beans
- 4 cups water
- 1 cup diced tomatoes
- ½ cup diced yellow squash
- ½ cup diced green pepper
- ½ cup diced carrot
- ½ cup diced celery
- ½ cup corn kernels
- 1 ½ -2 tsp salt
- ½ tsp pepper
- ½ tsp dried parsley or basil
- 2 tbsp olive oil
- ¼ cup chopped fresh parsley leaves
- Dash of chili flakes

Preparation

Sauté carrot, celery, green pepper, and squash with oil until they are tender in a pot. Add salt, pepper, chili flakes, dried parsley and tomatoes. Cook for a few more minutes then add corn and water. Bring to a boil then simmer for 20 to 30 minutes. Just before serving, sprinkle fresh parsley leaves on top.

Serves

4-6

For further details please contact
madhavidevidasi@gmail.com

www.iskcondesiretree.com

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