



St. Peder's Evangelical Lutheran Church

4600 East 42nd Street • Minneapolis, Minnesota 55406

PHONE • 612-722-8000 WEBSITE • www.stpeders.net FAX • 612-722-8068

This recipe was served at St. Peder's Evangelical Lutheran Church's Soup Supper on Ash Wednesday, February 13, 2013

Vegetable Bean Soup Recipe

- Prep: 10 min. Cook: 40 min.

Yield: 6 Servings

Ingredients

- 1 cup *sliced carrots*
- 1 cup *thinly sliced zucchini*
- 3/4 cup *chopped onion*
- 1/2 cup *chopped sweet red pepper*
- 1 tablespoon *olive oil*
- 2 cans (14-1/2 ounces each) *vegetable broth*
- 1 can (16 ounces) *kidney beans, rinsed and drained*
- 1 can (16 ounces) *chili beans, undrained*
- 1 can (15 ounces) *garbanzo beans or chickpeas, rinsed and drained*
- 1 can (14-1/2 ounces) *stewed tomatoes, cut up*
- 1 cup *frozen white or frozen shoepeg corn*
- 4 teaspoons *ground cumin*
- 1/4 teaspoon *cayenne pepper*
- 2 tablespoons *minced fresh cilantro*

Directions

- In a large saucepan or Dutch oven, sauté the carrots, zucchini, onion and red pepper in oil until crisp-tender. Add the broth, beans, tomatoes, corn, cumin and cayenne; bring to a boil. Reduce heat; simmer, uncovered, for 30-35 minutes or until vegetables are tender, stirring occasionally. Stir in cilantro. **Yield:** 6 servings