



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 Wednesday, March 6, 2013

Black-Eyed Pea and Tomato (Lubiya) Broth

THIS DELICIOUS BLACK-EYED BEAN SOUP – KNOWN AS LUBIYA IN ISRAEL - IS FLAVOURED WITH TANGY LEMON AND SPECKLED WITH CHOPPED FRESH CORIANDER. IT IS IDEAL FOR SERVING AT PARTIES; SIMPLY MULTIPLY THE QUANTITIES AS REQUIRED.

SERVES 4

INGREDIENTS

175g/6oz/1 cup black-eyed beans (peas)
15m 1/1 tbsp olive oil
2 onions, chopped
4 garlic cloves, chopped
1 medium-hot or 2-3 mild fresh chilies, chopped
5ml/1 tsp ground cumin
5ml/1 tsp ground turmeric
250g/9oz fresh or canned tomatoes, diced
600ml/1 pint/2 ½ cups chicken, beef or vegetable stock
25g/1 oz fresh coriander (cilantro) leaves, roughly chopped
juice of ½ lemon
pita bread, to serve

Directions

- 1 - Put the beans in a pan, cover with cold water, bring to the boil and cook for 5 minutes. Remove from the heat, cover and leave to stand for 2 hours. Drain the beans, return to the pan, cover with fresh cold water, then simmer for 35-40 minutes, or until the beans are tender. Drain and set aside.
- 2 - Heat the oil in a pan, add the onions, garlic and chili and cook for 5 minutes, or until the onion is soft. Stir in the cumin, turmeric, tomatoes, stock, half the coriander and the beans and simmer for 20-30 minutes. Stir in the lemon juice and remaining coriander and serve at once with pita bread.