

Turtle Bean Soup with Sour Cream

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Ingredients

4 cups dry black beans
1/2 cup dehydrated onion
1/2 cup dehydrated bell peppers
1/2 cup dehydrated celery
1/2 cup dehydrated carrots
2 tsp garlic powder
2 TBSP chicken broth bouillon
1 tsp salt
1 tsp pepper
1 tsp cumin
* will add 1 cup sour cream

Nutrition Info

Calories: 235.8

Fat: 6.6g

Carbohydrates: 36.8g

Protein: 11.2g

Directions

Soak beans overnight in 1 gallon water. Drain, rinse, add 9 cups fresh water with beans to a large pot. Bring to boil, cover and simmer until tender, about 1.5 hours. Meanwhile, mix sour cream powder with 1/2 cup water, set aside. Add seasoning mix to beans and simmer another 45-60 minutes, until beans are very tender and veggies are rehydrated. Remove from heat, divide into 8 bowls and top with sour cream.

Serving Size: 1 heaping cup each, topped with 2 TBSP sour cream