**Black Bean Soup**

Kidney beans are a great option

Adopted from Better Homes and Gardens

**Ingredients**

½ Cup Chopped onion

4 cloves garlic chopped

2 Tablespoons water

2 tsp group cumin

3 15-oz cans black beans, rinsed and drained or 2 cups dry beans soaked 8 or more hours.

2 Bay leaves

1 tsp dried oregano, crushed

1/8 tsp red pepper

5 Cups water

1. In a large pot or pressure cooker place onion and garlic in two tables water and sauté.

2. Add remaining ingredients. Bring to a boil and cook for 25 with canned beans. For dry beans cook until done about an hour or longer depending on the type of pot.

Serve and enjoy