Black Bean Soup
(Soup)

15 or 16 oz. cans cooked black beans, rinsed and drained
3 to 4 cups vegetable stock or canned vegetable broth
2 tablespoons ground cumin seeds
3/4 teaspoon salt
1/2 teaspoon ground cayenne pepper
1 bay leaf
2 tablespoons chili powder
15 or 16 oz. can crushed tomatoes
8 oz. low-fat yogurt or low-fat sour cream
3 cups chopped yellow onions
12 garlic cloves, peeled and crushed
3/4 teaspoon salt
3 tablespoons veg oil
1/2 cup red wine vinegar

1. Heat oil in a large saucepan and cook onions about 10 minutes.
2. Add herbs while stirring and cook until thick and fragrant.
3. Add drained beans, tomatoes, and broth.
4. Simmer and reduce heat to low and cook for about 30 minutes (longer if starting with dried beans) and refrigerate to allow flavors to blend.

Orange Thyme Beef Roast
(Entree)

5 lb. Sirloin tip roast
1 teaspoon grated orange peel
thyme leaves
1 medium orange, cut in half
1/3 cup each wine vinegar and salad oil
salt, as desired

1. Place roast in a deep bowl.
2. Add orange peel, thyme, vinegar, and salad oil; rub over surfaces of meat.
3. Cover and refrigerate overnight.
4. Lift meat from marinade, reserving liquid.
5. Place meat on a rack in a pan and roast in a 325 degrees F. oven for about 2 hours for rare meat (longer for well done).
7. Skim fat from pan and discard; squeeze in juice of the orange.
Serves 8-10

From Herb Cook Book, Frederick County, VA Extension Homemakers Council, 1975, contributed by Jean Robbins