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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 tablespoons veg oil
- 3/4 teaspoon salt 3 cups chopped yellow onions
- 1/2 teaspoon ground cayenne pepper 12 garlic cloves, peeled and crushed
- 1 16 oz. can crushed tomatoes fresh thyme
- 1 bay leaf 1/2 cup red wine vinegar
- 2 tablespoons chili powder 8 oz. low-fat yogurt or low-fat sour cream

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.

(continued)

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Adapted by Sandy Bosworth, Manager, Green Garden Cafe, College of Human Resources and Education, Virginia Tech

5. Remove herb sprigs.
6. Stir in vinegar. Serve with dollops of yogurt or low-fat sour cream.

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ORANGE THYME BEEF ROAST

(ENTRÉE)

- 5 lb. Sirloin tip roast 1 teaspoon grated orange peel
- thyme leaves 1/3 cup each wine vinegar and salad oil
- 1 medium orange, cut in half 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).
6. Baste meat occasionally with reserved liquid.
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

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