



CARLA HALL'S CREAMY WHITE BEAN SOUP WITH COCONUT & CHILE

Adapted from Carla Hall's Soul Food

1 pound dried northern beans or other small white beans

1 onion, finely diced

1 carrot, finely diced

1 small celery stalk, finely diced

1 hot red chile, seeded and finely diced

1 clove garlic, minced

1 bay leaf

1/8 teaspoon cayenne

Kosher salt, to taste

1 tablespoon coconut oil

Braised greens (such as kale, optional)

Pick over, rinse and drain beans. Place beans in a large saucepan and add enough cold water to cover by 2 inches. Bring to a boil over high heat. Boil 40 minutes, adding more water as needed to keep beans covered by at least an inch.

Drain beans well and return them to the pot. Add onion, carrot, celery, chile, garlic and bay leaf. Add enough water to cover by 2 inches. Bring to a boil over high heat. Reduce heat and maintain a steady simmer for 1 hour or until beans are soft enough to mash with a spoon. If needed, add water to keep solids just barely covered.

Stir in cayenne and salt to taste (Hall likes about 2 teaspoons). Mash half the beans to thicken soup. Stir in coconut oil until it melts. Season with additional salt, if needed, and stir in some braised greens, if desired.

Serves 6.

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