



# *South African Recipes*

*"cooking with confidence"*

## Bean soup

---

By: Anton Mac Donald

Tuesday, 10th October 2017

## Ingredients

- 1 Onion
- 2 tbs Red wine vinegar
- 1 tsp Ground Bayleafs
- 1 tsp Crushed dried red chilly
- ½ cup Red lentils
- 2 Potatoes
- 5 Springs Thyme
- 1 Tin 4 Bean mix
- Black jack for color (recipe on website under Tips & tricks )
- Salt

## Method

- Fry the chopped Onion in a little oil with the Bayleafs until onion start to turn brown.
- Add the Vinegar and 5 cups water.
- Add Red lentils and cook until soft.
- Using a stick blender blend the lentils fine.
- Add the cubed Potatoes, Brine from the beans, Chilly, and Thyme.
- Simmer until potato is soft.
- Add the beans.
- Add Salt to taste.
- Add Black jack to create a light brown color (I used 2 tsp but this will depend on your Black jack ).
- Some of the Potato and beans may be mashed to make soup thicker.
- serve warm with hot pepper sauce.

Serve 5 portions.