

Red Bean Soup

Ingredients

- 4 cups canned red beans, rinsed and pureed in food processor
- 2 Tbsp vegetable oil
- 1-½ cups onions, chopped
- ½ cup celery, chopped
- ½ cup bell pepper, chopped
- 1 tsp salt
- ¼ tsp cayenne
- ¼ tsp black pepper
- 4 bay leaves
- 2 quarts chicken stock
- ¼ cup dry sherry
- ½ cup green onion, chopped
- ¼ cup parsley, chopped
- ½ tsp hot sauce of choice

Directions

Heat the oil in a large heavy pot over medium heat. Add onions, celery, bell pepper, salt, cayenne, black pepper, and bay leaves. Cook, stirring often, for about 5 minutes. Add the stock and beans, stirring to mix well. Reduce the heat to medium low and simmer, uncovered, until the mixture is smooth and creamy, 1-½ to 2 hours.

Just before serving add the sherry, green onions, parsley and hot sauce. Remove bay leaves.

Black Bean Brownies

Ingredients

- 1 cup cooked black beans, drained
- 1 cup oats
- ¼ cup milk
- ¾ cup cocoa powder
- ½ tsp salt
- 1 tsp baking powder
- ½ cup granulated sugar
- ¼ cup brown sugar
- 1 tsp espresso powder
- 3 eggs
- ½ cup applesauce
- 2 tsp vanilla
- 8 oz mini chocolate chips (optional)

Directions

Preheat your oven to 350 degrees. Grease a 9x9-inch pan. Set aside.

In a food processor, process the oats into flour. Add the black beans and milk. Process until smooth. Set aside.

In a large mixing bowl, combine the cocoa powder, salt, baking powder, granulated sugar, brown sugar, and espresso powder with a whisk. Add the eggs applesauce, vanilla, and the black bean mixture. Beat for two minutes. Pour into the prepared baking pan. Sprinkle evenly with mini chocolate chips. Bake for 20 to 25 minutes. Let the brownies cool in the baking pan before cutting into squares.

Black Bean and Kalamata Olive Spread

Ingredients

- 15-oz can cooked black beans, with broth
- ½ cup Kalamata Olives, pitted
- ½ tsp ground cumin
- 2 cloves garlic
- Olive oil

Directions

Place all the ingredients in a food processor, except for olive oil. Blend until slightly chunky. Place in a container and top with a little olive oil to preserve before storing in the refrigerator.