

LAKOTA WINTER BEAN SOUP

INGREDIENTS

- 1 1/4 cup Red Beans
- 1 1/4 cup White Beans
- 3/4 cup Hominy, pre-cooked and dried
- 4 quarts Water
- 1 Yellow Onion
- 1 Serrano Pepper
- 1/4 cup Spice mix



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INSTRUCTIONS

1. Add beans to a large pot with 3 qts of water (add more water as needed during cooking to reach the desired consistency). Bring to a boil, then reduce heat and simmer for 1.5-2 hours, or until soft)
 - *Optional: Soak beans overnight to speed up cooking time (45 minutes to 1 hour, depending on type of bean)*
2. While beans cook, add 1 qt of water and dried hominy to a saucepan and simmer for 20-30 min, or until soft. Drain and set aside.
3. Dice the onion and serrano into roughly 1/4 -inch pieces.
4. Once the beans are soft, add the cooked hominy, onion, pepper, and spice mix to the beans and cooking water (do not drain). Stir to combine, and add more water if the soup is too thick. Simmer the soup for 10-15 minutes, until the onions are soft and all ingredients are heated through.
5. Adjust salt to taste and serve hot.