***Cooking Class – June 17th***

# This Evening’s Recipe, YUCATAN BLACK BEAN SOUP Topped with Chili Roasted Cauliflower, Is Being Prepared by Chef Rebecca Stewart

In a large pot add the oil, onion, garlic, jalapeños and the spices, sauté over medium high heat for about 5 minutes. Now add the rest of the ingredients. Bring to a boil and then reduce the heat and simmer for about 1 hour. You can let the soup cool and blend in a blender or use an immersion blender. Here are some garnish ideas for the soup: chopped cilantro, queso fresco or feta ~ crumbled fried tortilla strips, crema, and in the summer fresh tomato salsa!

# INGREDIENTS

4 tbs Coconut Oil

1 Yellow Onion (diced)

2 Cloves of Garlic (minced)

1 Jalapeno (diced)

1 tsp Toasted & Ground Cumin Seed

1 Small Can of Tomatillos or 3 Tomatillos (skinned & washed)

2 tbs Chili Powder

1 tbs Salt & Pepper

2-3 Chipotle Chilis In Adobo Sauce (chopped)

2 Cans Black Beans

1 Can Diced Tomato or 4 Fresh Tomatoes (Chopped)

1 Can Coconut Milk

4 Cups of Water

# INGREDIENTS FOR TOPPING

2 Cups Cauliflower (chopped & tossed with 2 tbs of Coconut Oil)

2 tbs Ground Cumin

2 tbs Chili Powder

1 tbs Salt

1 tsp Ground Pepper

Mix in lime juice, fresh diced tomato, chopped cilantro or green onion

Heat oven to 400 degrees. Mix all of the above, lay out on a sheet pan, roast for 15 minutes.

# EQUIPMENT

Sheet Pan

Spoon for Stirring

Bowl for Serving

Join Zoom Meeting @ 5:30 PM https://zoom.us/j/98505353166