

Cooking Class – June 17th



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

Before you go shopping please check your pantry items, you might have these ingredients in your kitchen already. 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>