

Hearty Winter BEAN & BACON BONE SOUP

SERVES 4-6

INGREDIENTS

- 3-4 smoked bacon bones (about 500-700g total)
- 250g dried sugar beans or speckled beans
- 1 tbsp cooking oil
- 1 large onion, diced
- 2 carrots, diced
- 2 celery sticks, diced (optional)
- 1 medium potato, peeled and cubed
- 2 cloves garlic, crushed
- 1.5 litres water
- 1 beef or vegetable stock cube
- 1 tsp dried mixed herbs
- 1 bay leaf
- ½ tsp freshly ground black pepper
- 1 cup shredded cabbage (optional)
- Salt, to taste

FOR AN EVEN HEARTIER POT

Add one of the following:

- ½ cup pearl barley
- 1 extra potato, diced
- ½ cup split peas
- 1 cup chopped pumpkin or butternut



When you make this soup and share it with family and friends, please remember how your support today will help us to feed those most in need this winter.

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METHOD

1. PREPARE THE BEANS

1. Rinse and sort the beans, removing any stones or damaged beans.
2. Soak overnight in plenty of cold water.
3. Drain and rinse before cooking.

2. COOK THE SOUP BASE

1. Place the bacon bones, beans, water, stock cube, mixed herbs, bay leaf and black pepper in a large pot.
2. Bring to the boil, then reduce to a gentle simmer.
3. Cover partially and cook for 1½-2 hours, until the beans are starting to become tender.

3. ADD THE VEGETABLES

1. Heat the oil in a frying pan and sauté the onion until soft and lightly golden.
2. Add the garlic and cook for another minute.
3. Add the onion mixture, carrots, celery and potato to the soup.
4. Simmer for a further 45-60 minutes, until the beans are soft and creamy.

4. FINISH THE SOUP

1. Remove the bacon bones and allow them to cool slightly.
2. Pull off any meat, chop it roughly and return it to the soup. Discard the bones and any large pieces of fat.
3. Add the cabbage, if using, and cook for another 10-15 minutes.
4. Taste before seasoning. The bacon bones and stock cube usually provide enough salt.

SERVING SUGGESTIONS

Serve with fresh brown bread and butter, toasted farm-style bread, vetkoek or steamed bread (ujeqe).



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