

Refried Bean Soup

Number of Servings: 4

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients

2 cups water

1 medium onion, chopped

4 cloves garlic, peeled and halved

2 medium carrots, chopped

2 stalks celery, chopped

1 cup green beans, chopped

1/2 tsp fenugreek

1/2 tsp caraway

salt & pepper

1 can coconut milk

1 can refried beans

Instructions

Add vegetables and spices to water along with 1/2 the can of coconut milk. Cook for 20 minutes.

Add refried beans, cook until soft and blended into the soup, about 10 minutes.

Add the remaining coconut milk and serve.