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Where attitude is everywhere, and the goat rules, so watch your backside.

QUICK AND EASY

Vegan recipes from the goat.

BEAN SOUP

INGREDIENTS

1/2 TBSP - olive oil
1 medium carrot - diced
1 celery stalk - diced
1 can - cannellini beans
(white kidney beans)
1/4 tsp - salt
1/8 tsp - ground black pepper

DIRECTIONS

In a medium sauce pan, saute the carrot and celery for 3 to 4 minutes. Add the remaining ingredients. Simmer for 10 minutes and serve.

This recipe makes 2 to 3 servings.
Scale up or down for the quantity you need.

COMMENTS

It's hard to beat a good bowl of hearty bean soup. Not only is our recipe tasty, it's darn easy to make. So why don't you try a bowl today?

Note: We try to use canned beans that are low or no sodium. If you can't find them you can use the regular beans and adjust or leave out the salt to your liking.

Enjoy!