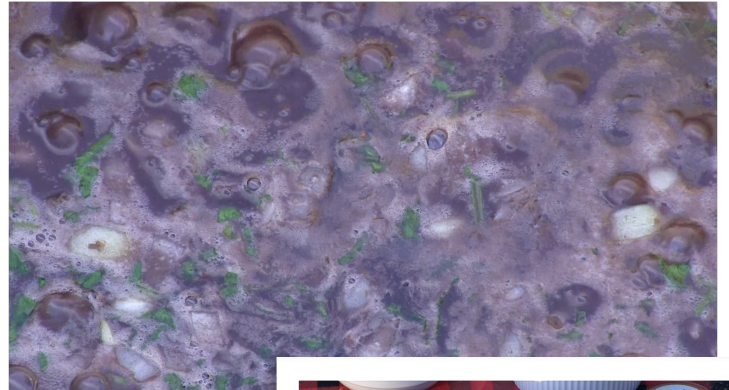


TIM FARMER'S COUNTRY KITCHEN

BLACK BEAN SOUP OR REFRIED BLACK BEANS

2-3 lbs of black beans
Water
2-4 cups chicken broth

1 chicken bouillon cube, crushed
Salt
Pepper
Red pepper flakes
2 tablespoons cumin
1/4 cup fresh cilantro, chopped
Juice from 1/2 a lime



Place black beans in a large pot. Cover with water. Bring to a boil, cover and turn off. Let sit for 1 hour. Drain and rinse and return to pan. Cover with chicken broth and simmer for 1- 2 hours. (For soup, add more broth). Once cooked, stir in rest of ingredients and simmer until onions are soft. Taste as you go and add more flavor if needed.

For refried beans, blend in immersion blender once done cooking.