

## ***Garlic, Chard and Bean Soup***

*The flavors of this soup are mellow and quite comforting.*

2 Tbsp olive oil  
4 cloves garlic, crushed  
1 onion, roughly chopped  
2 tsp ground cumin  
2 tsp ground coriander  
5 cups vegetable stock  
1 pound potatoes, chopped  
2 cups cooked beans: Vermont cranberry, Brown Dutch, Kidney, Jacob's Cattle  
2/3 cup silken Tofu  
2 Tbsp tahini  
8 ounces chard, chopped  
Cayenne pepper  
Salt and freshly ground black pepper

Heat the oil in a large soup pan and sauté the garlic and onion until soft, about 5 minutes.

Stir in the cumin and coriander and cook for another minute.

Pour in the stock and add the chopped potatoes to the pan. Bring to a boil and simmer for 10 minutes. Add the beans and simmer for 5 minutes more, or until the potatoes are just tender.

Blend together the tofu and tahini. Stir into the soup with the spinach. Bring to a boil, stirring, and simmer for another 2 minutes.

Season with cayenne pepper, salt and black pepper.

Serves 4

**Comments:** The flavors seem to blend even better, after this soup has been frozen and reheated.

Adapted from *The Greatest Ever Vegetarian Cookbook*, Nicola Graimes, Editor