7 Bean Soup
IN A JAR

Enjoy a healthy and hearty 7 Bean Soup crafted with care for you!

You'll need:

- 8 cups (1.9 liters) water
- 1 tablespoon olive oil
- 1 yellow onion diced
- 1 (15-ounce/ 425g) can fire-roasted tomatoes, diced

To make the soup:

Pour the beans from the jar into a large bowl. Cover the beans with water and soak overnight (8-12 hours). After soaking, strain and rinse the beans thoroughly.

Heat olive oil in a large soup pot over medium heat. Add the diced onion and sauté until softened and translucent, about 3-4 minutes.

Stir in the fire-roasted tomatoes, the spice packet from the jar, and the soaked, rinsed beans. Add water and stir to combine.

Bring the soup to a boil over high heat for about 2 minutes. Then, lower the heat to a simmer and cook for 30-45 minutes, or until the beans are tender.

Once the beans are cooked through, taste and add salt & pepper if necessary. Remove the bay leaf before serving.

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