

## NEW YEAR'S DAY BEAN SOUP

*It's an old Southern tradition to eat black-eyed peas on New Year's Day for good luck. Italians eat lentils on that day because they are the same shape as coins and suggest wealth. This soup has both!*

Wash beans and place in a large pot. Cover with 2" water and add 2 Tbs. salt. Soak overnight.\*\* Drain in the morning. Add 2 quarts water and **ham hock**.\*\*\* Bring to a boil. Simmer slowly for 2 hours, then add 1 large **chopped onion**, a 28 oz. can of **tomatoes**, and, if desired such **vegetables** as **carrots and celery**. Season with 1 tsp. **chili powder, lemon juice, salt and pepper, and any other spices** that spark your fancy (basil, oregano, etc). Remove ham hock, cut up ham, and return to soup. Simmer slowly for one hour or more. Better made in advance!

\*\*Didn't have the chance to soak the beans (or forgot)? Wash and cover with at least 2" water. Boil the beans for 5 minutes, then cover the pan and let sit for one hour. Drain liquid, if desired, to reduce the "gas" problem, add additional water, and proceed with above recipe.

\*\*\**We have made this soup without ham for years and it's still great! Towards the end of cooking we often add kielbasa or smoked sausage; turkey is also good. We have also added rice for variety – as well as other leftovers in the refrigerator. Experiment with the ingredients – New Year's Day Bean Soup is always good, no matter what day or ingredient combination!*

PLEASE NOTE THIS RECIPE WAS WRITTEN FOR THE BEAN MIX SOLD AT CISM MARKETPLACE. IT CAN BE USED FOR ANY BEAN MIXTURE BUT THE ORIGINAL MIX HAS 22-23 DIFFERENT VARIETIES. MOST COMMERCIAL MIXES HAVE ABOUT 15 VARIETIES.