

# VITAMIN

Vital health information in a minute



## RED BEAN SOUP

Try out this yummy soup. Even the kids will love it. Red beans are packed with protein and are high in fiber, folate, potassium, magnesium and B vitamins that are good for a heart-healthy diet.

### Ingredients:

- › 2 cups red beans
- › 1 teaspoon ginger, minced
- › 1 teaspoon garlic, minced
- › 1 cup coconut milk
- › ½ cup chicken broth
- › ¼ cup coconut sugar
- › Zest of one tangerine
- › 1 pinch kosher salt
- › 1 pinch toasted sesame seeds
- › 3 sprigs mint
- › 1 tablespoon sesame oil
- › Mung beans (optional)

### Directions:

In an 8-quart pot over medium heat, add sesame oil then garlic and ginger. Quickly sauté. Then add broth, coconut milk, zest, coconut sugar, salt and beans. Simmer for 30 minutes, remove zest, and puree. Serve hot and garnish with sesame oil, chili flakes, toasted sesame seeds, mung beans (optional) and mint.



[Click here](#) to watch  
a video of this  
recipe being made.

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