

Black Bean-Sweet Potato Soup

Prep and dehydrate this savory main dish before you head out.

Serves 5

1½ onions, chopped

1 Tbsp olive oil

1½ Tbsp ginger, chopped

1½ Tbsp jerk seasoning

1 Tbsp thyme

¼ cup canned diced tomatoes

2 Tbsp red wine vinegar

1½ Tbsp brown sugar

1 cube vegetable bouillon

1 pound sweet potato, baked and chopped

1 can black beans, drained

1 roasted red pepper, chopped

¼ cup cilantro leaves

AT HOME Sauté onion in pan with oil. Combine ginger and jerk seasoning, then add to onions. Stir in thyme, tomatoes, vinegar, sugar, and bouillon cube with 1¼ cups

water and simmer for 10 minutes. Add sweet potatoes and simmer 10 more minutes. Stir in beans and peppers and cook five minutes. Chill for eight hours. Add cilantro and spread on dehydrator. Dry for 10 hours, stirring every two hours.

IN CAMP Add 2½ cups boiling water to soup. Soak 15 minutes; simmer 10-15 minutes, adding water as needed. Serve over rice.