

Bean Soup By Expert



POPULAR HOSTESS, Marlon McGabock, cooks Muslim Style Bean Soup at first attempt in meatless cooking.

Waitress Delight with Muslim-Style Bean Soup

(Because of the record number of requests for this recipe from readers, MUHAMMAD SPEARS is delighted to reprint it.)

By Russell Burns

Popular waitress, Marlon McGabock, tried her hand at Muslim-style bean soup. Using a recipe provided by a student of the Muslim Girls Training Class, Marlon was delighted with her first attempt at this energy-filled staple.

A native of Arkansas, Marlon has two children who testify to her consummate skill in the culinary arts. After sampling the bean soup prepared by Marlon in this unusual but tasty way, I too, have become a fan of Marlon McGabock, Culinary Ph. D.

BEAN SOUP

2 cups small navy beans
4 medium onions
1¹/₂ tbsp. sugar
1 green pepper
3 stems celery
1 garlic clove
black pepper
salt
1 tsp. sage

1 tsp. paprika
1/3 cup Mazola Oil
1/2 can tomato paste

Soak beans overnight, wash and put in boiler. Chop vegetables and add to beans along with seasoning. Cover the whole generously with water. Cover and cook on moderate flame until beans mash easily to the touch. Add water if necessary (boiling hot).

When done, strain beans through a "Foley Strainer," or eat them whole. Serve piping hot, with toast and cheese. If soup is too thick, add hot water to suit.