



# ***Flying Inspiration***

*Fly with the Feminine ...*

**Gabriella Guglielminotti Trivel's recipes**

## **Black turtle bean Soup**

**Suggestions:** a very tasty soup, full of minerals like phosphorus, magnesium iron, sodium, zinc, potassium, calcium and vitamins like B9, B1, B2, B3, B6, E and K; it is perfect to warm up in Winter and feel glowing from the inside out.

### **Instructions**



CUMIN SEEDS



coriander powder



turmeric



garam masala

Fry the finely chopped onions and ginger in extra virgin olive oil, add some cumin seeds, coriander powder, turmeric and garam masala.



**black turtle beans**



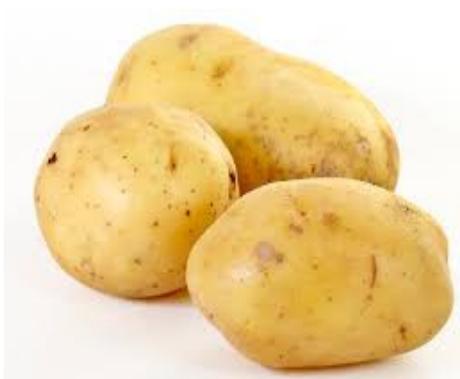
Add some coconut cream flakes and the black turtle beans which you soaked overnight, let it all cook down a bit.



**bay leaves**



Add some finely chopped lemon zest and bay leaves, stir it and add boiling water, let all cook for a while until it boils.



**dulse seaweeds**



Add some potatoes that you sliced very finely to the soup, add some dulse seaweeds and let it cook at medium heat for at least an hour.

sea salt



Add some coarse sea salt and coconut milk, mix well and cook for another while.



The soup will be ready when you see that is changing in colour and the beans are soft. Add some fresh herbs like chopped dill, chive, coriander or some nori flakes or toasted nori strips. Pour a bit of extra virgin olive oil and sprinkle some yeast flakes to add some saltiness to the soup before serving.



If you like this recipe, I would like to read your comments!  
Contact me on [www.flyinginspiration.com](http://www.flyinginspiration.com)