

# Black Bean, Corn and sweet Potato Soup

Black Bean, Corn and Sweet Potato Soup  
courtesy of Laurie Ann March

Dehydration Time: 7–12 hours  
Makes 6 large servings

1 teaspoon cumin seed, toasted  
1 tablespoon extra virgin olive oil  
1 red or white onion, minced  
1 1/4 cups sweet potatoes, diced  
2 cloves garlic, minced  
1 teaspoon cumin  
1 teaspoon ancho chili powder, optional  
1/2 teaspoon Kosher or coarse salt  
1/2 teaspoon black pepper  
1 tablespoon lime juice  
1 can diced tomatoes, 28 oz  
2 to 3 cups vegetable stock  
1 teaspoon coriander  
1 teaspoon cilantro  
1 cup frozen corn  
2 cans black beans, 14 oz each, rinsed and drained  
2 tablespoons sour cream, optional

**At Home:** Toast the cumin seeds in a dry nonstick frying pan until they become fragrant, about 3 minutes. Set aside. Heat the olive oil in a large pot. Add the onion and sauté until soft and translucent. Add the sweet potatoes and cook until the mixture starts to brown slightly. Then add the garlic, cumin seed, cumin, chili powder, salt and pepper. Stir in the lime juice, tomatoes and enough vegetable stock to cover the mixture. Bring to a boil and then simmer for 10 minutes or until the potatoes are tender. Add the coriander, cilantro, corn and black beans and more vegetable stock if necessary. Continue to heat on medium-low for 5 minutes or until heated through. Add the sour cream if you are using it. Measure the soup and write this measurement on a sticky note. Spread the soup on dehydrator trays that have been lined with fruit roll inserts or plastic wrap and dry for 7 to 12 hours or until no moisture remains. Put the soup and the sticky note in a ziplock freezer bag.

**At Camp:** Add enough boiling water to the dried soup in a pot to equal the measurement on your sticky note. Be sure to account for and add your dried ingredients to the rehydration container prior to adding the water. You can always add more water if you need to. Once the soup has rehydrated, heat it through if necessary.

# Squash and Chickpea Moroccan Stew

Adapted from [Aida Mollencamp](#)

So, about those [preserved lemons](#): This isn't the first Moroccan dish I've made, but I've always been on the fence about the inclusion of preserved lemons. What if I searched all over town for them and ended up dropping \$10 on something I hated. Would I like salt-pickled lemons? This time, I took the plunge (found them at Garden of Eden, for you New Yorkers, gourmet/specialty shops for everyone else or you can try [Elise's homemade recipe](#)) and well: I think they're an acquired taste that I haven't acquired yet, but hope to. Yet they were wonderfully fragrant in the dish and if you're looking to try out something new, or if you're already smitten with them, go for it.

Serves 6 to 8

1 tablespoon unsalted butter  
1 tablespoon olive oil  
1 medium yellow onion, small dice  
4 medium cloves garlic, thinly sliced  
2 teaspoons ground cumin  
1 (3-inch) cinnamon stick  
Salt and freshly ground black pepper  
1 pound butternut squash, large dice  
3/4 pound red potatoes, large dice  
2 cups low-sodium chicken or vegetable broth  
2 cups cooked chickpeas, drained  
1 (14-ounce) can diced tomatoes, with juices  
Pinch saffron threads (optional)  
1/2 preserved lemon, finely chopped  
1 cup brined green olives (Aida recommended Cerignola)  
Steamed couscous, for serving (directions [here](#) and elsewhere on the web)  
Fresh cilantro leaves, roughly chopped, for garnish  
Toasted slivered almonds, for garnish  
Plain yogurt, for garnish  
Hot sauce of your choice (for serving)

Heat butter and olive oil in a 3- to 4-quart Dutch oven or heavy-bottomed saucepan with a tight fitting lid over medium heat. When oil shimmers, add onion, garlic, cumin, and cinnamon, and season with salt and freshly ground black pepper. Cook, stirring occasionally, until spices are aromatic and onions are soft and translucent, about 5 minutes.

Add squash and potatoes, season with salt and freshly ground black pepper, stir to coat, and cook until just tender, about 3 minutes. Add broth, chickpeas, tomatoes and their juices, and saffron, if using. Bring mixture to a boil then reduce heat to low. Cover and simmer until squash is fork tender, about 10 minutes.

Remove from heat and stir in preserved lemon and olives. Serve over couscous garnished with cilantro, almonds, and yogurt.