

Mixed Bean Soup

Show:Jan 9th

Ingredients: Makes 8 cups

1 lb Mixed beans, (package 15-beans)
4 qts Water
1 Ham hock
1 Onion, large, diced
1/2 Red Bell Pepper, diced
1 can Tomatoes, 15-oz
1/2 tsp Chili powder
1ea Juice of lemon
1 clove Garlic, minced
2 links Sausage of your choice, crumbled
Salt & Pepper to taste

Procedure:

Cover beans with 2 quarts of cold water. Bring to a boil, remove from heat and discard the water. Cover again with 2 quarts of cold water, add the ham hock and bring to a boil, reduce heat to a simmer and cook uncovered for 3 hours. Now add 1 large diced onion, 1/2 diced red bell pepper, 15-oz can Tomatoes, 1/2 tsp chili powder, juice of 1 lemon and minced garlic clove. Add the 2 links of crumbled sausage. Continue to simmer for at least 30-45 more minutes. Discard ham hock. Season to taste with salt and pepper.

This soup freezes very well.

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