

Basic Brown Bean Soup



Makes:

9 servings, 1 cup each

Utensil:

5 Qt./4.7 L Multi-Purpose Oil Core

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Contributed By:

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Recipe Description:

Packed with protein and fiber, this simple soup recipe makes for a satisfying meal or tasty first course. Perfect alone or as the base for vegetables or meats that you may have on hand; for example carrots, broccoli, ham or spinach. Or freeze and use later.

1
pound
dry pinto beans, washed and soaked 6-8 hours in 6-8 cups (1.4-1.9
L) water
(454
g)

1
medium
onion, sliced, use Cone #4

3-4
cloves
garlic, minced

3
tablespoons
celery leaves, chopped
(23

g)
6
cups
water
(1.4
L)
1
teaspoon
salt
(5
mL)
¹/₄
teaspoon
black pepper
(1.25
mL)

Directions:

1. Drain and rinse beans. Set aside.
2. Preheat electric roaster to 250°F/121°C. Sauté onions until they become translucent, approximately 3 - 4 minutes. Add garlic and sauté another 2 - 3 minutes.
3. Stir in celery leaves, water, salt and pepper and add drained beans. Cover and reduce heat to 215°F/102°C.
4. Simmer 1 ¹/₂ hours or until beans are tender.

Nutritional Information per Serving

Calories:

48

Total Fat:

0g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

414mg

Total Carbs:

9g

Dietary Fiber:

3g

Sugar:

0g

Protein:

3g