

## Basic Brown Bean Soup



### Makes:

9 servings, 1 cup each

### Utensil:

5 Qt./4.7 L Multi-Purpose Oil Core

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### Recipe:

### 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)  
¼ 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 ½ hours or until beans are tender.

Nutritional Information per

▼ Serving

**Calories:** 48  
**Total Fat:** 0g  
**Saturated Fat:** 0g  
**Cholesterol:** 0mg  
**Sodium:** 414mg  
**Total** 9g  
**Carbs:**  
**Dietary Fiber:** 3g  
**Sugar:** 0g  
**Protein:** 3g

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