
Darn Good Beans

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

2 pounds pinto beans
6 cubes bouillon (beef or chicken)
2 to 3 pounds German sausage (you can substitute Polish or country-stryle), cut up
3 tablespoons Worcestershire sauce
1 fresh jalapeno pepper (you can substitute canned), sliced
2 onions, chopped
1 green pepper, chopped
1/8 teaspoon garlic powder
1 can (16 ounce) tomato sauce
salt (to taste)

Soak the beans overnight. First thing in the morning, drain the water from the beans. Place the beans in a large Dutch oven. Cover with fresh water and begin cooking over low heat.

Slice the sausage very thin. Dice all of the vegetables and spices. Add the bouillon, sausage, Worcestershire, jalapeno, onions, green pepper, garlic powder and tomato sauce to the beans. Cook over low heat all day, stirring frequently, and adding water as necessary to prevent burning. (You can cook these in a crockpot on high setting.) Add salt to taste.

For a thicker bean soup, add three tablespoons of flour mixed with 1/2 cup of water at least one hour before the beans are done.

(These are excellent as is, or spooned over cooked rice and served with hot buttered cornbread.)

Yield: 12 to 15 servings

Side Dishes

Per Serving (excluding unknown items): 3314 Calories; 11g Fat (3.0% calories from fat); 197g Protein; 628g Carbohydrate; 231g Dietary Fiber; 0mg Cholesterol; 2023mg Sodium. Exchanges: 38 Grain(Starch); 10 Lean Meat; 7 1/2 Vegetable; 1/2 Other Carbohydrates.