

# Nine Bean Soup

Thalia Bunnell - Houston, TX

Treasure Classics - National LP Gas Association - 1985

**Yield: 8 cups**

*2 cups nine-bean soup mix*

*2 quarts water*

*1 pound ham, diced*

*1 large onion, chopped*

*1 clove garlic, minced*

*1/2 teaspoon salt*

*1 can (16 ounce) tomatoes,  
undrained and chopped*

*1 can (10 ounce) can of  
green chilies and tomatoes,  
undrained*

**Preparation Time: 3 hours 50 minutes****Cook Time: 2 hours**

Sort and wash two cups of the bean soup mix. Place in a Dutch oven. Cover with water two inches above the beans. Soak overnight.

Drain the beans. Add two quarts of water. Add the ham, onion, garlic and salt. Cover. Bring to a boil. Reduce the heat. Simmer for 1-1/2 hours or until tender.

Add the tomatoes and green chilies. Simmer for 30 minutes, stirring occasionally.

If you desire a thicker soup, puree' a cup of beans after cooking.

(If you wish to make your own bean mix, use 1/4 cup of each of your chosen bean varieties.)

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Per Serving (excluding unknown items): 898 Calories; 49g Fat (49.3% calories from fat); 82g Protein; 30g Carbohydrate; 3g Dietary Fiber; 259mg Cholesterol; 7117mg Sodium. Exchanges: 12 Lean Meat; 3 Vegetable; 2 1/2 Fat.