

Pinto Bean Vegetable Soup

Tom Mullen, Port St Lucie, FL

Preparation Time: 25 minutes

Cook time: 3 hours

1 package (16 oz) pinto beans
1 medium yellow onion, chopped
3 cloves garlic, finely chopped
2 tablespoons olive oil
1 package (10 oz) frozen chopped spinach, thawed
2 cups matchstick carrots
1 tablespoon fresh cilantro, finely chopped
salt (to taste)
pepper (to taste)
1 teaspoon tarragon
1 teaspoon rosemary
8 cups beef broth
4 cups water

In a large Dutch oven, place the pinto beans. Add water to cover by one inch. Soak overnight.

Rinse and drain the beans. Pick through and remove any debris or odd beans. Return to the pot.

In a large skillet over medium-high heat, saute' the onions and garlic in the olive oil until soft. Transfer the onions and garlic to the Dutch oven together with any remaining olive oil.

Squeeze the spinach to remove excess moisture. Add to the pot.

Add the cilantro, salt, pepper, tarragon and rosemary to the pot.

Add the beef broth and water. Stir to mix well.

Bring the mixture to a boil. Reduce the heat and simmer for three hours.

Season with additional salt and pepper to taste.

Per Serving (excluding unknown items): 1540 Calories; 31g Fat (17.7% calories from fat); 142g Protein; 183g Carbohydrate; 64g Dietary Fiber; 0mg Cholesterol; 10625mg Sodium. Exchanges: 8 Grain(Starch); 12 Lean Meat; 6 Vegetable; 5 1/2 Fat.