
Rocky Mountain Soup

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

6 slices bacon, diced
1/2 cup onion, chopped
2 cloves garlic, crushed
2 cans ranch-style beans
1/2 cup cooked rice
1 can (8 ounce) stewed tomatoes
2 teaspoons salt
dash pepper
dash paprika
4 cups water

In a skillet, crumble the sausage and cook until done. Drain the fat.

In the same skillet, saute' the onions, and garlic in bacon fat until the onions are golden.

Add the remaining ingredients and simmer 1 to 1-1/2 hours to allow the flavors to blend. Add water as necessary while cooking.

Yield: 6 cups

Soups, Chili, Stew

Per Serving (excluding unknown items): 709 Calories; 24g Fat (31.0% calories from fat); 30g Protein; 92g Carbohydrate; 16g Dietary Fiber; 32mg Cholesterol; 6149mg Sodium. Exchanges: 4 1/2 Grain(Starch); 2 Lean Meat; 4 1/2 Vegetable; 3 Fat.