

Bean and Bacon Soup

Serves: 5



4 c. water
1/4 c. Kosher salt
1 c. dried pinto beans
1 c. dried cannellini beans
2 strips pepper bacon
1/2 onion, diced
1 clove garlic, minced
5 c. chicken stock
1 c. carrots, sliced



In a large bowl, stir together water and salt until salt is dissolved. Add dried beans, and let sit at least 4 hours up to overnight. After soaking, remove beans from brine and rinse. Set aside.

In a dutch oven, cook bacon over medium heat until crispy. Remove and set aside. Add onion and garlic, reduce heat to medium-low and cook about 5 minutes or until it is golden in color. Slowly add stock, scraping up the browned bits from the bottom. Increase heat, add beans, and bring to a boil. Reduce heat to a simmer, cover, and cook for 60 minutes or until the beans are tender.

Using a potato masher, mash some beans to help thicken the soup. Crumble the bacon and add to the soup, add carrots, and cook covered for 15 minutes or until the carrots are tender.

Estimated Calories: 309 cal/serving