

Rancho Gordo Tepary Bean, Ham and Tomato Soup

My own concoction

Internet address:



8 ounces dried beans, Rancho Gordo Brown Tepary type (or see note below)
2 tablespoons grapeseed oil
1 large onion, peeled, chopped
2 cloves garlic, chopped
2 teaspoons dried thyme, crushed between your palms
2 teaspoons dried oregano, crushed between your palms
4 cups chicken stock, or pork stock, approximate (I use Penzey's soup base)
1 pound ham hock
56 ounces canned diced tomatoes, with juices
Salt and freshly ground black pepper to taste

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 6

NOTES: I used Rancho Gordo brand beans because I had them on hand - they're an heirloom, premium dried bean. You can use any kind of dried red bean or white, but not lentils or split peas. This is a fairly brothy kind of soup. If you like, you may add more beans from the get-go. If you want to, remove some at the end and mash or use an immersion blender just a little bit to give the soup some thicker texture. You may also add a variety of other vegetables like zucchini, green beans. You could also add about 1/2 cup dried pasta 10-15 minutes before serving.

1. Wash and rinse the beans under running water to find and discard any debris. If time permits, soak the beans overnight in cold water. Drain the beans before adding to the soup mixture. Otherwise, soak the beans for an hour in cold water and discard the water.
 2. In a large pot warm the oil over medium heat. Add the chopped onion and saute for about 8-10 minutes until the onions are translucent. Add the garlic and continue cooking another minute. Add the thyme and oregano and stir in. Add the beans, stock, canned tomatoes and ham hock. Bring to a boil, reduce heat to low, cover and simmer for about 45-55 minutes, or until the beans are just barely cooked through. Do not over cook them - you want them to have texture.
 3. Remove the ham hock and allow to cool on a plate. Pick over the hock and remove any ham meat and chop into small pieces or shreds and add back into the soup. Discard the bone and fat from the hock.
 4. Add salt and pepper to taste. Serve immediately, or cool and allow to refrigerate overnight (soup is always better the next day). Reheat to serve.
- SLOW COOKER: This can be made in a slow cooker, if preferred. Use a low setting if possible and cook for 4-5 hours. If using a high setting, it may take only an hour or two for the beans to cook through if you've soaked them first.

Per Serving (excluding unknown items): 459 Calories; 20g Fat (38.6% calories from fat); 30g Protein; 39g Carbohydrate; 14g Dietary Fiber; 80mg Cholesterol; 2389mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.