Spanish Bean Soup with Pork Shoulder & Swiss Chard (Caldo Gallego)

Carolyn T's Main Cookbook

Servings: 8

Author: Probably not an authentic Caldo Gallego since it contains pork rather than beef.



1/4 pound bacon, preferably slab, rind removed, cut in small pieces
32 ounces canned beans, cannellini or Great Northern beans,
1/4 pound prosciutto, preferably chunk, cubed
1 pound pork shoulder, leave whole
1 medium onion, chopped
1 bouquet garni
2 quarts beef broth, or chicken broth or water
2 teaspoons salt (may not need salt)
2 medium rutabaga, peeled, cubed
2 pounds Swiss chard, or kale, stems removed, coarsely chopped
Pepper and salt to taste (be careful of adding too much salt)
8 slices bread, crusty country bread, thick sliced

Blog: Carolyn T's Blog: http://tastingspoons.com

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Per Serving (excluding unknown items): 503 Calories; 17g Fat (31.1% calories from fat); 39g Protein; 47g Carbohydrate; 9g Dietary Fiber; 52mg Cholesterol; 3340mg Sodium. Exchanges: 2 1/2 Grain(Starch); 4 Lean Meat; 1 Vegetable; 2 Fat.

Notes: If desired, add some grated Parmesan cheese on top just before serving. It was not in the original recipe, but tasted just great!

1. Place the bacon in a 6-quart Dutch oven and add an inch of cold water. Simmer the bacon for 10 minutes to eliminate some of its smoky taste. Drain off the water.
2. Combine the bacon, the prosciutto end, pork shoulder (all in one piece), onion, bouquet garni, and broth. Bring to a slow simmer over medium heat and use a ladle to skim off any froth or scum that floats to the top.
3. Cover the pot and simmer slowly for 30 minutes. Add salt if it's needed and simmer for about 1-1/2 hours more, until the pork is almost tender. Remove pork and allow to cool for 15 minutes, then pull it apart into small, long but bite sized shreds. Add the rutabagas and the canned beans, simmer for 15 minutes more, until all the vegetables are soft. Add the Swiss chard (or kale) and cook for about 5 minutes, then add the pork and continue cooking just long enough for the meat to heat through. Season to taste with salt and pepper.
4. Toast the bread under the broiler until pieces are just brown, turn and brown other side, then place in bottom of wide, deep soup bowls. Ladle soup over the top, with some of the toast visible.