

Mexican Bean Soup

Leslie Warmke, MG

1 cup dried black or
pinto beans or
2 cans prepared
1 cup onion chopped
1 cup chopped celery
1 cup chopped carrots
3 cloves garlic, chopped
2 tsp. cumin
¼ tsp. salt
2-4 cups chicken broth
8 oz. chorizo sausage-or any other meat
or not
1 T frozen orange concentrate or
juice of one orange
1 cup salsa

ALT. Rinse beans, cover with water and soak overnight. Drain and rinse beans.

Rinse beans, combine with 6 cups of water and bring to a boil, reduce heat and simmer uncovered for 2 minutes. Remove from heat, cover and let stand one hour.

Cook onion, celery, carrots and garlic in hot oil until tender. Stir in cumin. Add broth and drained beans. Bring to boil, reduce heat and simmer for 1 to 1 ½ hours or until beans are tender. Saute chorizo in a separate pan and drain fat. Stir in sausage, orange juice and salsa.