



Black Bean Soup with Ham

Serves 8

Ingredients:

1 tablespoon olive oil
1/2 cup reduced-sodium lean ham
1 cup yellow onion
1/2 cup green bell pepper
3 garlic cloves
1/4 teaspoon black pepper
4 cups reduced-sodium chicken broth
2 bay leaves
1/2 teaspoon oregano
2 cans black beans
2 tablespoons fresh parsley
1 tablespoon reduced sodium chicken broth

Directions:

1. In a large saucepan, heat oil over medium-high heat until hot, but not smoking. Add ham; cook, stirring frequently, until browned, about 3 minutes.
2. Add onion and bell pepper to pan; cook, stirring, until tender, about 5 minutes. Add garlic and black pepper; cook, stirring, for 1 minute.
3. Add broth, bay leaves, and oregano to pan; bring ham mixture to a boil. Reduce heat to medium-low. Stir in beans and simmer until mixture thickens slightly, about 15 minutes. Stir in parsley and sherry. Remove bay leaves. Ladle soup into individual bowls. Serve immediately.

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MainIngredient: Beans

Diet: Low Sodium

FeatureIntro: Gourmet quality soup made at home!

RecipeIntro: Hearty, Healthy and Flavorful!

Season: Fall

Week: 201535

Grouping: Hearty Soups for Autumn

CookingMethod: Pan-Fry