

Taste of Home



El Paso Bean Soup

★★★★☆

We have so few bad-weather days in New Mexico that we like to celebrate cold rainy one with bowls of hot soup. My family likes this ham and bean variety alongside green chili corn muffins. —Beverly Peacock of Santa Teresa, New Mexico

TOTAL TIME: Prep: 10 min. Cook: 30 min

YIELD: 6 servings (2-1/4 quarts).

Ingredients

1 medium onion, chopped

1 medium carrot, chopped

2 garlic cloves, minced

2 tablespoons olive oil

4 cups reduced-sodium beef broth

1 can (16 ounces) fat-free refried beans

2 cans (15-1/2 ounces each) great northern beans, rinsed and drained

1-1/3 cups cubed fully cooked lean ham

1 teaspoon dried parsley flakes

1 teaspoon ground cumin

1 teaspoon chili powder

1/4 teaspoon pepper

2 medium tomatoes, chopped

Directions

1. In a large saucepan, saute the onion, carrot and garlic in oil until tender. Stir in broth and refried beans; whisk until smooth. Stir in the beans, ham, parsley, cumin, chili powder and pepper. Bring to a boil. Reduce heat; cover and simmer for 15 minutes. Stir in the tomatoes and heat through.

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