

15 Bean Soup with Ham

Yield: 10 min
Total Time: 210 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-15-bean-soup-recipe>

Ingredients:

- 20 ounces bean mixture, soaked overnight
- 1 cup red lentils
- 1 ham bone fat removed, feel free to leave meat on the bone
- 1 cup ham cut into cubes
- 1 onion large, diced
- 14 1/2 ounces diced tomatoes with juice fire roasted, regular diced tomatoes are fine too
- 1 teaspoon chili powder
- 1 lemon
- 2 cloves garlic minced
- 3 stalks celery chopped
- 1 cup carrots chopped
- 1 cup chicken broth
- 1 teaspoon freshly ground pepper
- 1 sprig fresh thyme

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 15 milligrams
4. Fat: 2.5 grams
5. Fiber: 10 grams
6. Protein: 11 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 320 milligrams
9. Sugar: 4 grams

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