

A Good Soup for the Sick

Yield: 5 min
Total Time: 65 min

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

Ingredients:

- 1 pound cranberry beans like Borlotti
- 8 cups water
- 15 cloves garlic peeled and trimmed
- 2 shallots big, I might have used a white onion but didn't have one, sliced on the axis into thin crescents
- 1 1/2 chipotles
- 2 1/2 chiles
- 2 teaspoons fine sea salt +, for seasoning
- extra virgin olive oil a drizzle of flavorful
- 1 handful cilantro chopped
- 1 handful hard cheese optional
- Parmesan optional

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 15 milligrams
4. Fat: 10 grams
5. Fiber: 23 grams
6. Protein: 27 grams
7. SaturatedFat: 3 grams
8. Sodium: 1160 milligrams
9. Sugar: 1 grams

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