

# Hearty Smoked Peruvian Bean Soup | Sopa de Frijoles

Yield: 10 min  
Total Time: 620 min

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

## Ingredients:

- 2 pounds beans bag of Mayocoba, aka Canary or Peruano beans
- 1 onion diced
- 1 green bell pepper diced
- cooking spray
- 1 garlic clove whole
- 1/2 chipotle in adobo large, seeded and stem removed.
- 4 ounces mild green chiles can of
- 32 ounces vegetable stock
- 1 tablespoon oregano
- 3 cups smoked ham cubed into bite-size pieces
- salt
- black pepper
- Mexican crema
- avocado
- cilantro

## Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 5 milligrams
4. Fat: 1.5 grams
5. Fiber: 4 grams
6. Protein: 3 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 450 milligrams
9. Sugar: 5 grams

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