

South Western Pinto Bean Soup

Yield: 6 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/pork-shank-stew-recipe-south-africa>

Ingredients:

- 3 quarts chicken broth I prefer a low sodium broth
- 1 onion large, coarsely chopped
- 2 cups dried pinto beans
- 3 pork shanks smoked, or ham hocks
- 1 can diced tomatoes with green chilies 14.5 oz.
- 1/2 can water
- 1 teaspoon liquid smoke
- 1 cup Orange chopped yellow and, sweet bell peppers
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder chipotle
- sour cream optional
- avocado optional

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 5 milligrams
4. Fat: 7 grams
5. Fiber: 3 grams
6. Protein: 12 grams
7. SaturatedFat: 1 grams
8. Sodium: 200 milligrams
9. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy South Western Pinto Bean Soup above. You can see more 19 pork shank stew recipe south africa Cook up something special! to get more great cooking ideas.