

Portuguese Bean Soup

Yield: 12 min
Total Time: 170 min

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

Ingredients:

- 1 ham hock
- 1 (10 ounce) linguica sausage, sliced linguica, sliced
- 1 onion minced
- 2 quarts water
- 4 potatoes peeled and cubed
- 2 celery rib chopped
- 2 carrots chopped
- 15 ounces stewed tomatoes
- 8 ounces tomato sauce
- 1 clove garlic minced
- 1/2 head cabbage thinly sliced
- 15 ounces kidney beans

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 15 milligrams
4. Fat: 7 grams
5. Fiber: 4 grams
6. Protein: 8 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 340 milligrams
9. Sugar: 5 grams

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