

# Puerto Rican Ham Bone Soup

Yield: 11 min  
Total Time: 180 min

Recipe from: <https://www.recipeschoose.com/recipes/best-puerto-rican-soup-recipe>

## Ingredients:

- 1 ham bone with meat
- 6 cups water enough to cover the bone
- 2 onions large
- 4 potatoes
- 4 carrots
- 42 ounces beans precooked, I used ? navy and ? black beans
- 1/2 cup rice not instant or rapid cooking
- 1 teaspoon turmeric
- 1/2 teaspoon cumin
- 1/4 teaspoon pepper

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 27 grams
3. Fiber: 6 grams
4. Protein: 4 grams
5. Sodium: 35 milligrams
6. Sugar: 6 grams

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