

# Spicy Pinto Bean Soup with Ham, Tomatoes, and Cilantro

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-pinto-bean-recipe>

## Ingredients:

- 1 cup pinto beans soaked overnight
- 4 teaspoons olive oil
- 1 onion chopped small
- 1 1/2 cups diced ham
- 14 ounces tomatoes petite dice
- 4 cups chicken stock I used my homemade chicken stock
- 1 packet ham Goya, flavored concentrate, optional, this can be hard to find but it's often sold near Mexican foods. If you have ham ri...
- 1 tablespoon cilantro dried, optional but recommended, or can use more fresh cilantro
- 2 teaspoons ground cumin
- 1 can diced green chiles Anaheim chiles, not jalapenos
- 1/2 cup chopped fresh cilantro or more to taste
- sliced green onions Thinly, for garnish, optional

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 55 milligrams
4. Fat: 15 grams
5. Fiber: 3 grams
6. Protein: 24 grams
7. SaturatedFat: 3 grams
8. Sodium: 1490 milligrams
9. Sugar: 9 grams

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