

# Southern Kidney Bean and Andouille Soup

Yield: 6 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-neckbones-and-rice-recipe>

## Ingredients:

- 4 cups red kidney beans dried, can also use pinto or black beans or a combination
- 1 smoked ham hock large
- 1 pound pork neck bones
- 7 cups water
- 1 yellow onion large, chopped
- 2 celery stalk chopped
- 3 cloves garlic minced
- 2 bay leaves large
- 1 teaspoon dried thyme
- 3 beef bouillon cubes
- 1 teaspoon Tabasco or to taste
- salt
- freshly ground pepper
- 1/2 pound andouille sausage cut into 1/4 inch thick slices

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 25 milligrams
4. Fat: 12 grams
5. Fiber: 1 grams
6. Protein: 15 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 710 milligrams
9. Sugar: 1 grams

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