

Black Bean, Bourbon and Ham Soup

Fresh Ways with Soups & Stews
Time-Life Books

Servings: 6

1 pound black beans, picked over
1 pound smoked ham hocks
3 cups chopped onion
5 cloves garlic, chopped
1 1/2 teaspoons dried thyme leaves
1/2 teaspoon ground cumin
freshly ground black pepper
3 tablespoons sour cream
1/3 cup plain low-fat yogurt
1 scallion, trimmed and finely chopped
1/4 cup bourbon or sour-mash whiskey

Preparation Time: 1 hour 30 minutes

Rinse the beans under cold running water, then put them into a large pot and pour in enough cold water to cover them by about three inches. Discard any beans that float to the surface. Cover the pot, leaving the lid ajar, and slowly bring the liquid to a boil over medium-low heat. Boil the beans for two minutes, then turn off the heat and soak the beans, covered, for at least one hour. (Alternatively, soak the beans in cold water overnight).

Place the ham hocks in a large, heavy-bottomed pot. Pour in fourteen cups of water and bring it to a boil. Cook the ham hocks over high heat for 20 minutes, skimming off any impurities that collect on the surface.

Drain the beans and add them to the pot with the ham hocks. Return the mixture to a boil and cook it for 15 minutes more, stirring from time to time and skimming any foam from the surface.

Reduce the heat to medium. Add the onion, garlic, thyme, cumin and some pepper. Simmer the soup, stirring occasionally and skimming any foam from the surface, until the beans are tender - one and a half to two hours.

While the beans are cooking, whisk together the sour cream, yogurt and scallion. Set the mixture aside.

When the beans finish cooking, remove the soup from the heat. With tongs or a slotted spoon, take out the ham hocks and set them aside to cool. When the ham hocks are cool enough to handle, separate the meat from the skin and bones by hand. Cut the meat into small pieces and return it to the soup. Discard the skin and bones.

Whisk in the bourbon or sour-mash whiskey and bring the soup to a boil. Remove the pot from the heat and ladle the soup into bowls. Garnish each portion with a dollop of the sour-cream-yogurt mixture.

Start to Finish Time: 3 hours

Per Serving (excluding unknown items): 517 Calories; 17g Fat (29.7% calories from fat); 35g Protein; 56g Carbohydrate; 13g Dietary Fiber; 84mg Cholesterol; 67mg Sodium. Exchanges: 3 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	517
% Calories from Fat:	29.7%
% Calories from Carbohydrates:	43.3%
% Calories from Protein:	27.0%
Total Fat (g):	17g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	84mg
Carbohydrate (g):	56g
Dietary Fiber (g):	13g
Protein (g):	35g
Sodium (mg):	67mg
Potassium (mg):	1516mg
Calcium (mg):	195mg
Iron (mg):	5mg
Zinc (mg):	4mg
Vitamin C (mg):	7mg
Vitamin A (i.u.):	90IU
Vitamin A (r.e.):	22 1/2RE

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	.7mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	357mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	3
Lean Meat:	3 1/2
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 517 Calories from Fat: 154

% Daily Values*

Total Fat 17g	26%
Saturated Fat 6g	31%
Cholesterol 84mg	28%
Sodium 67mg	3%
Total Carbohydrates 56g	19%
Dietary Fiber 13g	52%
Protein 35g	

Vitamin A	2%
Vitamin C	11%
Calcium	19%
Iron	25%

** Percent Daily Values are based on a 2000 calorie diet.*