

# Chill-Chaser Soup

Mrs. Peter Rosato III - Memphis, TN  
*Southern Living* - 1987 Annual Recipes

## Yield: 3 1/4 quarts

1 package (16 ounce) dried red beans  
2 cups water  
3 or 4 slices bacon, cooked and crumbled  
2 large onions, chopped  
2 cloves garlic, chopped  
2 cups dry white wine  
2 tablespoons hot sauce  
1/2 cup fresh parsley, chopped  
1 tablespoon Worcestershire sauce  
1 to 2 pounds smoked sausage, sliced about one cup water  
salt (to taste)  
hot cooked rice

Sort and wash the beans. Place in a large Dutch oven. Add two cups of water. Bring to a boil. Remove from the heat. Cover and let stand for one hour.

Add the bacon, onion, garlic, wine, hot sauce, parsley and Worcestershire sauce. Bring to a boil. Cover.

Reduce the heat and simmer for one hour, stirring occasionally.

Add the sausage and one cup of water, if necessary.

Cover and simmer for 1-1/2 hours or until the beans are tender, stirring occasionally.

Add salt to taste.

Serve over rice.

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Per Serving (excluding unknown items): 1390 Calories; 32g Fat (26.2% calories from fat); 63g Protein; 141g Carbohydrate; 51g Dietary Fiber; 64mg Cholesterol; 1946mg Sodium. Exchanges: 7 1/2 Grain(Starch); 5 Lean Meat; 4 Vegetable; 5 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	1390	Vitamin B6 (mg):	1.2mg
% Calories from Fat:	26.2%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	51.1%	Thiamin B1 (mg):	1.4mg

% Calories from Protein: 22.7%  
 Total Fat (g): 32g  
 Saturated Fat (g): 11g  
 Monounsaturated Fat (g): 14g  
 Polyunsaturated Fat (g): 4g  
 Cholesterol (mg): 64mg  
 Carbohydrate (g): 141g  
 Dietary Fiber (g): 51g  
 Protein (g): 63g  
 Sodium (mg): 1946mg  
 Potassium (mg): 3882mg  
 Calcium (mg): 439mg  
 Iron (mg): 21mg  
 Zinc (mg): 8mg  
 Vitamin C (mg): 132mg  
 Vitamin A (i.u.): 1676IU  
 Vitamin A (r.e.): 171RE

Riboflavin B2 (mg): .7mg  
 Folic Acid (mcg): 818mcg  
 Niacin (mg): 8mg  
 Caffeine (mg): 0mg  
 Alcohol (kcal): 321  
 % Daily Value

## Food Exchanges

Grain (Starch): 7 1/2  
 Lean Meat: 5  
 Vegetable: 4  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 5  
 Other Carbohydrates: 0

## Nutrition Facts

### Amount Per Serving

Calories 1390      Calories from Fat: 364

### % Daily Values\*

<b>Total Fat</b>	32g	49%
Saturated Fat	11g	54%
<b>Cholesterol</b>	64mg	21%
<b>Sodium</b>	1946mg	81%
<b>Total Carbohydrates</b>	141g	47%
Dietary Fiber	51g	205%
<b>Protein</b>	63g	
<b>Vitamin A</b>		34%
<b>Vitamin C</b>		219%
<b>Calcium</b>		44%
<b>Iron</b>		118%

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