

Drunken Bean Soup

Carole Drennan - Abilene, TX
Southern Living - 1987 Annual Recipes

Yield: 2 quarts

- 1 package (16 ounce) dried pinto beans
- 3 cups water
- 1 slice bacon, cut into one-inch pieces
- 2 teaspoons sugar
- 2 teaspoons salt
- 2 cans (12 ounce ea) beer
- 1 cup cooked roast beef, shredded
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/4 teaspoon garlic powder
- 1 can (10 ounce) tomatoes and green chiles, undrained
- picante sauce or salsa (optional)
- shredded Cheddar cheese (optional)

Sort and wash the beans. Place in a Dutch oven. Cover with water two inches above the beans. Cover and let soak for eight hours. Drain the beans and return to the Dutch oven.

Add three cups of water to the beans. Bring to a boil.

Add the bacon, sugar and salt. Cover. Reduce the heat and let simmer for 30 minutes.

Stir in the beer, roast beef, chili powder, cumin and garlic powder. Cover and simmer for one hour, stirring occasionally.

Stir in the tomatoes and green chiles. Cover and simmer an additional 30 minutes.

Serve with picante sauce and cheese, if desired.

Per Serving (excluding unknown items): 1043 Calories; 7g Fat (6.7% calories from fat); 45g Protein; 161g Carbohydrate; 50g Dietary Fiber; 5mg Cholesterol; 4495mg Sodium. Exchanges: 8 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Fat; 1/2 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	1043	Vitamin B6 (mg):	1.3mg
% Calories from Fat:	6.7%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	72.8%	Thiamin B1 (mg):	1.2mg
% Calories from Protein:	20.5%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	7g	Folacin (mcg):	1025mcg

Saturated Fat (g): 2g
Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 5mg
Carbohydrate (g): 161g
Dietary Fiber (g): 50g
Protein (g): 45g
Sodium (mg): 4495mg
Potassium (mg): 2911mg
Calcium (mg): 345mg
Iron (mg): 14mg
Zinc (mg): 6mg
Vitamin C (mg): 20mg
Vitamin A (i.u.): 1781IU
Vitamin A (r.e.): 177RE

Niacin (mg): 7mg
Caffeine (mg): 0mg
Alcohol (kcal): 292
% Refused: 0 0%

Food Exchanges

Grain (Starch): 8 1/2
Lean Meat: 2 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 1043 Calories from Fat: 70

% Daily Values*

Total Fat	7g	10%
Saturated Fat	2g	9%
Cholesterol	5mg	2%
Sodium	4495mg	187%
Total Carbohydrates	161g	54%
Dietary Fiber	50g	202%
Protein	45g	
Vitamin A		36%
Vitamin C		33%
Calcium		35%
Iron		76%

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