
Portuguese Bean Soup

Sterling's Restaurant - Pittsburgh, PA

Pittsburgh Chefs Cook Book - 1989

10 ounces red kidney beans, dry, washed
4 ounces navy beans, dry, washed
4 ounces black beans, dry, washed
10 cups beef or ham stock
10 ounces ham hocks or ham trimmings
2 ounces ham, saute'd and diced 1/2 inch
4 ounces Portuguese sausage (or any good smoked sausage), diced
12 ounces onions, diced 1/4-inch
12 ounces celery, diced 1/4-inch
12 ounces carrots, diced 1/4-inch
1 cup leeks, diced 1/4-inch
4 ounces garlic, chopped fine
12 ounces cabbage, chopped
2 ounces olive oil
16 ounces canned tomatoes with juice, diced
1/4 cup tomato paste
1 cup potatoes, diced 1/2-inch
3 ounces roux, browned and drained
ground black pepper (to taste)
1 1/2 tablespoons chili powder
2 bay leaves
coriander or fresh cilantro (to taste)
salt (or beef base) (to taste)

Soak all of the beans separately in plenty of cold water overnight.

Strain all of the beans. Cover the kidney and navy beans with fresh water. Add the ham hocks and the trimmings. Cook the beans until well done. Discard the trimmings. Remove the ham hocks and allow to cool. Debone and dice the meat in 1/2-inch pieces. Separately cook the black beans until well done. Strain, rinse with water and reserve.

Heat the oil in a tilting frying pan. Saute' the onions, celery, carrots, leeks, garlic, cabbage and diced ham hocks without taking color. Add the tomato paste and blend well.

Fill the pot with stock. Add the kidney and navy beans with liquid. Add the black beans. Bring to a boil. Simmer for 15 minutes.

Add the potatoes, tomatoes, all of the seasonings and the roux. Blend well. Simmer for 30 minutes more.

Remove from the heat. Adjust the seasoning. Place the soup into clean containers. Cool quickly. Cover. Refrigerate.

If the soup is too thick when reheated for use, thin down with clear stock.

Soups, Chili, Stew

Per Serving (excluding unknown items): 3116 Calories; 74g Fat (20.5% calories from fat); 152g Protein; 493g Carbohydrate; 128g Dietary Fiber; 32mg Cholesterol; 1917mg Sodium. Exchanges: 23 Grain(Starch); 9 Lean Meat; 27 Vegetable; 12 Fat.