

AIDA MOLLENKAMP'S Portuguese Bean Soup

Work: 20 min Total: 45 min

- 8 oz sliced smoked bacon, diced
- 8 oz chorizo (cured spicy pork sausage) or kielbasa, cut into 1/4-inch coins
- 1 large yellow onion, diced
- 4 garlic cloves, thinly sliced
- 1/4 cup tomato paste
- 2 medium Yukon Gold potatoes, cut into 1/2-inch pieces
- 2 15-oz cans Great Northern beans
- 1 28-oz can diced tomatoes
- 2 tbsp honey
- 1 tbsp sweet paprika
- 2 tsp kosher salt
- 1 bay leaf

1. Cook bacon in a 6-qt pot until golden and crisp. Remove; set aside.
2. Discard all but 1 tbsp bacon fat and add sausage; cook until browned. Remove sausage; reserve. Discard all

but 1 tbsp fat and add the onion and garlic and cook until soft, about 4 min.

3. Stir in tomato paste. Add potatoes, beans, 4 cups water, tomatoes, honey, paprika, salt, bay leaf and reserved sausage and bring to a boil over high heat. Reduce heat to medium-low and simmer 25 to 30 min.

4. Remove bay leaf, and serve soup with bacon on top. **SERVES 8 to 10**

Per serving: 440 calories, 22 g total fat, 8 g sat fat, 1212 mg sodium, 36 g carbs, 47 mg chol, 23 g protein, 7 g fiber