

CHORIZO & MIXED BEAN SOUP

F EASY

Last Modified: 03/12/2018

PREP: 24 Hrs
COOK: 4 Hrs
STOVETOP

SOUP-MEXICAN

MAKES 16 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Pounds	Mixed Dried Beans that you like (Black, Navy, Great Northern, Kidney, Pinto, etc.)	Soaked
1	Pound	Chorizo Sausage (Bulk or Tube)	
2	Cups	White Onion	Diced
2	Medium	Colored Bell Peppers (Seeded)	Diced
4	Whole	Carrots (Scrubbed)	1/8" Coins
1	Cup	Celery	Diced
8	Cloves	Garlic	Minced
4	14 1/2 Oz	Cans Petite Diced Tomatoes (Hunts)	Undrained
2	Quarts	Vegetable Stock (Swanson)	
4	Tsp	Ground Cumin	
2	Tsp	Ground Turmeric	
1 +/-	Tsp	Cayenne Pepper	To Taste
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

OPTIONAL TOPPINGS

1/2	Cup	Fresh Coriander Leaves (Cilantro)	Chopped
1/2	Cup	Sour Cream (Breakstone)	Divided
2	Whole	Fresh Limes	Wedged

PREPARATION

FACTOID	The longer this Soup cooks for and the more times you re-heat it, the better it tastes. It freezes well, so make a bunch.
FACTOID	Chorizo is a type of full-bodied pork sausage originating from the Iberian Peninsula. In Europe, Chorizo is a fermented, cured, smoked sausage, which may be sliced and eaten without cooking, or added as an ingredient to add flavor to other dishes. In America, it is often found as a raw bulk ground sausage or even in small plastic tubes. Do NOT discard the Red Oil, the flavor it adds is fantastic.
CAUTION	For information about the toxins found in Dried Beans, see: Ron's Gold Plated Cooking Factoids. The link may be found at the top of this page.
TOOLS	1) Large Stock Pot & Lid. 2) Large Stainless Steel Skillet.
PREP	DISH 1) Dice the White Onions and set them aside. 2) Mince the Garlic Cloves and add them on top of the Onions. 3) Scrub & slice the Carrots into 1/8" coins and add them on top of the Onions. 4) Dice the Celery and add it on top of the Onions. 5) Dice the Colored Peppers and add them on top of the Onions.

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1	THE DAY BEFORE: Due to the TOXINS found in ALL dried Beans. Soak the Beans overnight covered by 3" of cool water. Stir them whenever you happen to pass.
2	BEANS: Drain and rinse the Soaked Beans WELL. The toxins will have leached into the soaking water, so discard it.
3	BEANS: In a large stock pot over medium heat, cover the rinsed Beans with 2" of cold water. Bring to a boil and reduce the heat to a simmer. Cover and simmer, stirring occasionally, until the Beans are tender, about 45 minutes to 1 hour. Do NOT overcook at this point.
4	BEANS: Drain and rinse the Beans again, there are STILL toxins leeching out. Stir in the Vegetable Stock.
5	CHORIZO: In a large skillet over medium high heat, fry the Chorizo (either Sausage Coins or Bulk Crumbled), stirring often until browned, about 5 minutes.
6	SOUP: Add the fried Chorizo into the Bean Stock Pot. In the skillet, stir in the Onions, Garlic, Peppers and Celery, cook until the Onions are transparent and you can smell the Garlic, about 5 minutes. Pour a Cup of the Soup Broth into the skillet to deglaze the pan, pour the Vegetables & Fond into the stock pot.
7	SOUP: Stir in the canned Tomatoes & Juice. Stir in the Cumin, Turmeric. Season to taste with Cayenne Pepper, Salt and Pepper. Simmer until the flavors have developed and the Beans are tender, about 2 hours.
8	SOUP: Simmer the Soup for at least 30 minutes more.
SERVE	Ladle into bowls. Squeeze a Lime Wedge over the top and add a dollop of Sour Cream in the center. Sprinkle generously with Cilantro. Serve while hot with slices of Crusty Bread on the side.