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# Colorados (Red Bean Soup)

**Prep Time:** 1 h 20 mins

**Cook Time:** 1 h 55 mins

**Total Time:** 3 h 15 mins

## Ingredients

1 pounds beans, red kidney  
14 cup(s) water  
3/4 cup(s) wine, dry white  
1 medium pepper(s), green, bell  
1 medium onion(s)  
1 medium tomato(es)  
4 clove(s) garlic  
1 pounds beef, brisket  
1 medium pepper(s), yellow wax chile  
1 ham hock  
1 large potato(es), russet  
1 teaspoon salt  
1/2 teaspoon pepper, black ground  
1 pounds beef, brisket

## Preparation

1. In a 6-quart Dutch oven, combine beans and the 6 cups water. Bring to boiling; reduce heat. Simmer for 2 minutes. Remove from heat. Cover and let stand for 1 hour. (Or place beans in 6 cups water in pan. Cover and let soak in a cool place for 6 to 8 hours or overnight.) Drain and rinse beans.

2. Return beans to Dutch oven. Add the 8 cups water, the wine or broth, sweet pepper, onion, tomato, garlic, and chile pepper. Bring to boiling; add beef brisket and ham hock. Return to boiling; reduce heat. Cover and simmer about 1 1/2 hours or until beans and meat are tender.



### Quick Info:

**10** Servings



Good for Leftovers



Contains Red Meat



Diabetes-Friendly

### Nutritional Info (Per serving):

Calories: 273, Saturated Fat: 1g, Sodium: 457mg, Dietary Fiber: 12g, Total Fat: 4g, Carbs: 33g, Cholesterol: 35mg, Protein: 24g

**Exchanges:** Vegetable: 0.5, Starch: 1.5, Other Carb: 0.5, Lean Meat: 2.5, Fat: 0.5

Carb Choices: 1.5

Recipe Source:

**diabetic**  
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Remove ham hock; set aside to cool. Mash beans slightly. Add potato to bean mixture. Return to boiling; reduce heat. Cover and simmer about 15 minutes more or until potato is tender. When ham is cool enough to handle, cut meat from bone; discard bone. Cut ham into bite-size pieces; stir into bean mixture. Stir in salt and black pepper.



Tested in the  
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and Gardens  
Test Kitchen



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