

Southwestern Pork Soup

Soup of the Month December – 2015



Savor the southwest. Northern beans add plenty of fiber to this hearty southwestern soup.

Prep Time: 25 Min

Start to Finish: 35 Min

Makes: 5 servings (1 1/4 cups each)

INGREDIENTS

2 teaspoons vegetable oil

1 lb. boneless pork loin, trimmed of fat, cut into 1/2-inch cubes

4 medium green onions, sliced (1/4 cup)

1 small jalapeño Chile, seeded, finely chopped

1 clove garlic, finely chopped

2 cans (14 oz. each) reduced-sodium chicken broth

2 cans (15 to 16 oz. each) great northern beans, rinsed, drained

1/2 cup loosely packed chopped fresh cilantro

1/4 cup loosely packed chopped fresh parsley

DIRECTIONS

1. In 3-quart nonstick saucepan, heat oil over medium-high heat. Add pork; cook 3 to 5 minutes, stirring occasionally, until browned. Add onions, Chile and garlic; cook and stir 1 minute.
2. Add broth and beans. Heat to boiling; reduce heat. Cover; simmer about 10 minutes or until pork is no longer pink in center. Stir in cilantro and parsley; cook until heated through.



Recipe Provides: Meat & Beans 5oz-equivalents, Vegetables 1c

NUTRITION INFORMATION PER SERVING

Serving Size: 1 1/4 cup

Calories: 360

Cholesterol: 60 mg

Sugars: 1 g

Total Fat: 9 g

Calories from Fat: 80

Dietary Fiber: 8 g

Protein: 35 g

Saturated Fat: 3 g

Carbohydrates: 33 g

Sodium: 510 mg



Cilantro



Recipe adapted from www.eatbetterearly.com