

SOUTHWESTERN PORK & BEAN SOUP

(Serves 4)

Enjoy a non-traditional form of “pork and beans” in this quick, easy and delicious nutritional powerhouse of a soup. **Pork** is an “excellent” source of thiamin, niacin, riboflavin, vitamin B-6, phosphorus and protein and a “good” source of zinc and potassium based on U.S. Department of Agriculture (USDA) guidelines for use of these terms. The pork chops in this recipe meet USDA guidelines for “lean”: less than 10 grams of fat, 4.5 grams of saturated fat and 95 milligrams of cholesterol per 100 grams and per labeled serving. **Pinto beans** are loaded with dietary fiber, high in folate and a good source of potassium. **Tomatoes** are second only to potatoes in popularity. The lycopene in tomatoes may help protect against heart disease and cancer.



- 2 boneless pork chops, diced
- 1/2 onion, chopped
- 1 14 1/2 oz can chicken broth
- 1 15 oz can Mexican-style chopped tomatoes
- 1 15 oz can pinto beans, drained and rinsed
- 2 teaspoons chili powder



Use broth and beans without added salt or reduced in salt to lower the sodium content of this recipe.

In deep saucepan, brown pork with onion; stir in remaining ingredients, bring to a boil, lower heat, cover and simmer 10-15 minutes.

Alice's Notes:

1. You may be able to find a larger, boxed version of chicken broth lower in sodium than a canned form; 14 1/2 ounces of broth is equal to 2 cups of broth minus approximately 1/3 cup. (One ounce = 2 tablespoons; there are 8 ounces in a cup.)
2. Transfer leftover soup to shallow containers to speed cooling; keep perishable foods (such as this soup) at room temperature no longer than a TOTAL of 2 hours. You can place foods in the refrigerator while still warm. Plan to eat leftovers within 3-4 days or freeze for longer storage. Plan to eat frozen soup within 2 to 3 months for best quality; however, soup will remain safe indefinitely if stored at 0 ° F.



Browning meat before adding it to soup or stew adds color and flavor to meat.

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Recipe and courtesy of National Pork Board. For more information about pork, visit PorkBeinspired.com.

Photos by Alice Henneman

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