

# COWBOY PINTO BEAN SOUP

## Ingredients

Serves 6 people

5 slices bacon, cut into small pieces (Optional)

1 tsp onion powder

1 tsp garlic powder

2 cup dry pinto beans, rinsed and picked over

8 cup water

1 can Rotel brand tomatoes

1 tsp or one cube chicken bouillion

Salt and pepper to taste



## Directions

In a large soup pot, cook bacon over medium heat until crisp. Add onion and garlic powders. Add rinsed beans and water. Bring to a boil over high heat and then simmer 2 hours. Once the beans are soft, add Rotel tomatoes, and bouillion. Continue cooking until the beans are very tender, about 30 minutes. Add salt and pepper to taste.

## Nutritional Value

80 calories

5 g fat

2 g sugar

10 g carbohydrates

3 g protein

457 mg sodium

Marion County Public Health Department  
**NUTRITION SERVICES**

