

# Mexican Bean Beef Soup

Makes: 50 or 200 Servings

Ingredients	50 Servings		200 Servings	
	Weight	Measure	Weight	Measure
Pinto beans, dry	3 lb 2 oz		12 lb 8 oz	
OR	OR		OR	
Pinto beans, canned, drained	7 lb 14 oz		31 lb 7 oz	
Beef cubes, raw	2 lb 2 oz		8 lb 8 oz	
Salad Oil	4 oz		1 lb	
Onions, minced	1 lb 13 oz		7 lb 6 oz	
Garlic cloves, minced	1.4 oz	8 cloves	4.6 oz	28 cloves
Diced tomatoes in juice, canned	4 lb 3 oz (2/3 of #10 can)		16 lb 12 oz (2 2/3 of #10 can)	
Water	8 lb 8 oz	1 gal 1 cup	34 lb	4 gal 1 qt
Celery, finely chopped	1 lb		4 lb 3 oz	

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>107</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	N/A
Cholesterol	N/A
<b>Sodium</b>	<b>529 mg</b>
<b>Total Carbohydrate</b>	<b>N/A</b>
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
<b>Protein</b>	<b>9 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

	Salt		1.3 oz	2 Tbsp 2 tsp
1/2 cup 3 Tbsp				
Pepper	.16 oz	2 tsp	.64 oz	2 Tbsp 2 tsp
Chili powder	.32 oz	4 1/4 tsp	1.3 oz	1/4 cup 1 Tbsp 2 tsp

## Directions

1. For dry beans, inspect and rinse beans in cold water. In large kettle add 2 1/2 quarts water for every pound of beans. Bring to boil. Boil 2-3 minutes, remove from heat, cover and let stand 1-24 hours. Discard soak water, rinse beans. Add water to cover beans, 2 Tbsp oil and salt if desired. Simmer the beans gently with lid partially covering beans until beans are tender. If using canned beans, drain the beans and save them for step 3.

2. Brown beef, onions, and garlic in hot oil in steam kettle.

3. Add beans and remaining ingredients to meat mixture in kettle.

4. Bring to boil, cover, and simmer 2 hours.

**Source:** Northarvest Bean Growers Association