



Chorizo And White Bean Soup

2 cups dry white beans
1 small onion
1 large carrot
1 large celery rib
8 ounces chorizo sausage
2 1/2 cups water
4 14-ounce cans chicken broth, low sodium
1 14.5 ounce can diced tomatoes
6 stems fresh parsley
1/2 teaspoon salt
1/2 teaspoon black pepper
1 package of pasteurized queso fresco cheese
6 stems cilantro

1. Place the dry beans in a large pot and cover with water (3 inches above beans). Place in the refrigerator and soak overnight or up to 24 hours. Drain and rinse thoroughly in a colander before using.
2. Remove the outer skin from the onion. **Scrub the onion, carrot, and celery with a vegetable brush while holding under cold running water. Dice the onion, carrot, and celery on your produce cutting board. Place the parsley and cilantro into a colander. Run cold water over them while rubbing gently with your finger tips. Mince the parsley and cilantro on your produce cutting board.**
3. **On your meat cutting board, use a knife to remove the sausage casing (skin) from the chorizo sausage. Add the chorizo to a large pot. Be sure to wash your hands after handling the chorizo sausage.**
4. Heat the chorizo in the large pot over medium heat, breaking it up into little pieces.



5. Push the chorizo to one side of the pot and add the onion, carrot, and celery. Cook until the onion is translucent but not browned.
6. Add 1 cup of the water, chicken broth, diced tomatoes with their juice, parsley and the drained white beans. Bring to a boil, lower heat and simmer (barely boiling) for 1 hour, uncovered. Stir occasionally. Skim off any froth that accumulates on the surface.
7. Add 1½ cups water, bring back to a simmer and cook for 1 more hour, until the beans are soft. Continue to stir occasionally.
8. If the beans are not soft, add ½ cup more water and cook for an additional 15 minutes.
9. When the beans are done to your satisfaction, adjust the level of liquid and add up to ½ cup more water. Add the salt and pepper.
10. To serve, ladle soup into warm soup bowls and top with pasteurized queso fresco cheese and cilantro.

Additional Food Safety Notes Related To This Recipe

- Read the label of all mold ripened, blue veined, or soft cheeses (such as Blue, feta, Camembert, Brie, or queso fresco cheeses) making sure they are made from pasteurized milk. If you cannot find pasteurized on the label, the cheese is not safe to eat.
- Older adults, people with weakened immune systems, and people with chronic illnesses should not eat chorizo sausage without thoroughly cooking it first.

Recipe Source

<http://cookandbemerry.com/chorizo-white-bean-soup-with-queso-fresco/>