

From the book “Man Can Cook” for “The Saturday Herd”  
By Robert Sturm

## Zesty 5 Bean Soup

### Ingredients

1 Cup Onion, small diced  
1 Cup Celery, small diced  
1 Cup carrot, small diced  
1 Cup Yellow Bell Pepper, small diced  
1 Cup Tomato, small diced  
2 TB. Garlic, minced  
2 TB. Serrano Chilies, minced (about 2 chilies)  
1 oz. Olive Oil  
2 QTs. Chicken Stock (Wolfgang Puck brand or other)  
4 each Smoked Ham Hocks or 1 Large Ham Bone  
1 Can (15 oz) Cannelloni Beans, drained and rinsed  
1 Can (15 oz) Black Bean, drained and rinsed  
1 Can (15 oz) Kidney Beans, drained and rinsed  
1 Can (15 oz) Pinto Beans, drained and rinsed  
1 Can (15 oz) Red Beans, drained and rinsed  
4 TB. Chili Seasoning  
2 Cups Cilantro, chopped (stems and leaves)  
½ Cup Sweet Onion, minced (for garnish)  
6 each Cilantro Sprigs  
1 each Lime cut into wedges (optional)  
½ Cup Low Fat Sour Cream (optional)  
1 Bottle Hot Sauce



### Directions

In a large pot sauté onion, celery, carrots, bell pepper, chilies and garlic till tender. About 3 minutes. Add stock and ham hocks. Add beans and chili seasoning. Bring to a boil. Simmer 1 hour. Add cilantro. Stir well. Serve in bowls. Garnish with onions and cilantro sprig

Serves 6