

A SUGAR + SHAKE Recipe

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Portuguese Bean Soup

If you're anti-bean like me, just omit the kidney beans (the worst offenders, in my book). Note that if you use ham in place of the smoked pork, you may need to add more seasoning. Between the sausage and the smoked pork, this dish doesn't need any additional salt or flavoring; however, plain cooked ham may need some jazzing up.

- ½ onion, diced
- 4 to 5 stalks celery, cut into ¼-inch pieces
- 4 to 5 cloves garlic, minced
- ½ of a Portuguese sausage (*about 6 oz.; Sugar + Shake preferred brand: Frank's Foods*), cut into ½-inch chunks
- ¾ package Frank's Foods Smoked Pork (*about 6 oz.; or substitute cooked ham*), cut into ½-inch chunks
- 1 can kidney beans, drained and rinsed
- 1 can black-eyed peas, drained and rinsed
- 1 to 2 cans stewed tomatoes (*depends how tomato-y you happen to like your soup*)
- Salad macaroni (*Why do they call it that, anyway? I dump in several handfuls, but I have small hands... let's call it 1 cup*)
- Water

In a large stock pot (remember, there's no such thing as "just a little" Portuguese Bean Soup), brown the meats. You may need to do this in batches. Remove meat and set aside. Drain off most of the oil (leave a little bit for sautéing the vegetables).

Sauté garlic, celery and onions until onions turn translucent. Add meat back to the pot, along with beans and tomatoes (including liquid from the tomatoes). Break up tomatoes with a wooden spoon.

Add water to completely cover ingredients. Simmer for an hour to develop flavor. (If you're in a rush and really need to get dinner on the table, you can skip this step.) Add macaroni and simmer for another 10 minutes or so, until the pasta is soft. Leftover soup (and there *will* be leftovers) can be refrigerated or frozen.