

Wild Rice and Pork Soup - recipe from TheOtherWhiteMeat.com

Times: 10 minutes prep, 30 minutes cook

Ingredients:

2 boneless pork chops, cut into 1/2-inch cubes

1 teaspoon oil

1/2 cup onions, chopped

2 teaspoons ground cumin

1/4 teaspoon garlic powder

1 cup wild rice, cooked

1 15 1/2-oz can Great Northern beans, drained

1 15 1/2-oz can chick peas, drained

1 4-oz can diced green chiles, drained

1/8 teaspoon hot pepper sauce

1 14 1/2-oz can chicken broth

parsley, chopped

Cooking Directions:

In 4-quart saucepan sauté onions and pork in oil over medium-high heat until onions are soft and pork lightly browned, about 5 minutes. Stir in all remaining ingredients except parsley; bring to a boil, lower heat and simmer 20 minutes. Serve garnished with parsley.



Serves 6.

Wine suggestion: Serve with a soft red like Merlot.

Nutrition:

Calories: 250 calories

Protein: 17 grams

Fat: 6 grams

Sodium: 540 milligrams

Cholesterol: 20 milligrams

Saturated Fat: 1 grams

Carbohydrates: 35 grams

