

String Bean Soup

String Bean Soup



Serves 8

Blue – 5 points

Purple – 4 points

Green – 5 points

- 2 1/2 pounds fresh string beans (green beans)
- 14 oz smoked turkey kielbasa
- 12 oz potatoes, peeled and cubed
- salt and pepper to taste
- 1 bay leaf
- 1 1/2 Tbsp white vinegar
- 5 slices center cut bacon
- 2 Tbsp all purpose flour
- 2 cups 1% milk

1. Clean and cook string beans, put in large soup pot and cover with water.
2. Add kielbasa, salt and pepper.
3. Cook for 30 minutes.
4. Add potatoes, bay leaf and vinegar. Let cook.
5. Meanwhile, fry bacon crisp and remove from pan. Reserve 1 Tbsp of pan drippings

6. Add flour to pan drippings and let brown.
7. Add milk while constantly stirring.
8. Add milk/flour mixture to the pot, let cook for 15 minutes more.
9. Crumble bacon and add to soup. If soup is too thin, thicken with a flour/water or cornstarch/water mixture.