



Bean Soup

Ingredients:

- 1 pound dry navy beans
- 2 ½ quarts (10 cups) water
- ¾ cup celery, diced
- ¾ cup carrots, diced
- ½ cup onion, chopped
- 1 meaty ham bone or 1 ounce ham
- salt and pepper to taste



Equipment:

- measuring cup
- cutting board
- knife
- large saucepan for soaking and cooking
- mixing spoon



Directions:

1. Wash and sort beans, discard any stones or damaged beans. Put beans in large saucepan. Cover with water and soak overnight.
2. After soaking, drain water and add 10 cups fresh water to beans.
3. Add celery, carrots, and onion to beans and water.
4. Add ham or ham bone. Cover and bring boil. Reduce heat and simmer for 2-4 hours or until beans reach desired tenderness. Add additional water if needed.

This recipe takes 15 minutes plus 2-4 hours to cook plus soak overnight. Makes 8 servings at about \$0.50 per serving.



Nutrition Notes:

You can substitute any type of dry bean for the navy beans in this recipe – try kidney beans, black beans, pinto beans, or a mixture of beans. You can also add 1 cup of tomato sauce in step 4. Chicken, vegetable, or beef broth can be used instead of water for more flavor.

Nutrition Facts

Serving Size ¾ cup	
Servings Per Container 8	
Amount Per Serving	
Calories 200	Calories from Fat 10
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 37g	12%
Dietary Fiber 9g	36%
Sugars 5g	
Protein 12g	
Vitamin A 70%	Vitamin C 6%
Calcium 10%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	