

# Bean Soup

Makes 6 servings



## Ingredients

- 2 cups dried navy beans
- 3 quarts water for soaking or quick-cooking
- 6 cups water or low-sodium chicken broth
- 1 garlic clove, chopped (½ teaspoon minced or ¼ teaspoon powder)
- 1 large onion, minced
- 3 stalks celery, chopped
- 1 meaty ham bone or 1/2 pound chopped ham
- Salt and black pepper to taste

## Directions

1. Sort beans to remove any stems or rocks. Wash and drain beans.
2. In large pot, cover beans with water and soak overnight in the refrigerator. Or bring to boil and boil for 2 minutes. Remove from heat and let stand 1 hour.
3. Drain water.
4. Add 6 cups of water or broth to pot.
5. Add remaining ingredients.
6. Heat to boiling. Cover. Turn down heat and simmer 2 to 4 hours or until tender. Add more water if needed.

## Nutrition Facts

Serving Size 1 cup (741.47g)  
Servings Per Container 6

### Amount Per Serving

**Calories** 320 Calories from Fat 45

**% Daily Value\***

**Total Fat** 5g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol** 20mg **7%**

**Sodium** 400mg **17%**

**Total Carbohydrate** 46g **15%**

Dietary Fiber 17g **68%**

Sugars 4g

**Protein** 22g **44%**

\*Percent Daily Values are based on a 2,000 calorie diet.

## Variations:

*Split Pea Soup* - Use split green or yellow peas and ham. Overnight soak is not needed.

*Black Bean Soup* - Use black beans instead of navy beans. Add one green pepper, chopped.

*Chuckwagon Beans* - Use kidney beans instead of navy beans. Add 1 6-ounce can of tomato paste and 1 Tablespoon of Taco Seasoning during last hour of cooking.