

## Bean Soup

### Ingredients:

- 1 pound dried beans, navy
- 10 cups water
- 3 stalks celery
- 4 carrots
- 1 onion
- 1 ounce ham
- Black pepper to taste

### Equipment:

- Large bowl for soaking
- Knife
- Sauce pan with lid
- Can opener
- Measuring cups
- Measuring Spoons

Number of Servings: 8  
 Prep Time: Soaking time plus  
 10 minutes  
 Total Time: 2-4 hours

### Directions

1. Place beans in a colander. Sort through then and remove and stones or broken bean pieces. Rinse well. Put beans in large sauce pan and cover with water. Soak overnight.
2. After soaking, drain water and add 10 cups of fresh water to beans.
3. Wash celery stalks and chop into small pieces. Add to pot.
4. Wash carrots and chop into small pieces. Add to pot.
5. Cut off ends of onion and peel off brown layer. Chop into small pieces. Add to pot.
6. Add meat. Cover pot and bring to a boil. Reduce heat and simmer for 2 to 4 hours or until beans are tender. Add more water if beans get too thick.

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### Nutrition Facts

| Serving Size: 1 cup                                      |                     |
|--|---------------------|
| Servings: 8  |                     |
| Amount Per Serving                                       |                     |
| <b>Calories 220</b>                                      | Calories from Fat 0 |
| %Daily Value*  |                     |
| <b>Total Fat 0g</b>                                      | 0%                  |
| Saturated Fat 0g   | 0%                  |
| <b>Cholesterol 2mg</b>                                   | 1%                  |
| <b>Sodium 90mg</b>                                       | 4%                  |
| <b>Total Carbohydrate 40g</b>                            | 13%                 |
| Dietary Fiber 15g  | 60%                 |
| <b>Protein 11g</b>                                       | 22%                 |
| Vitamin A 203%   | Vitamin C 188%      |
| Iron 22%   | Calcium 11%         |
| *Percent Daily Values are based on a 2,000 calorie diet. |                     |

**Tip:** Add two medium (15 ounce) cans of low sodium tomatoes, small can of diced green chilies and leftover chicken for a fun Mexican flavor.

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