

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

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.

Equipment:

Knife

Large bowl for soaking

Sauce pan with lid

Measuring Spoons

Number of Servings: 8

Total Time: 2-4 hours

10 minutes

Prep Time: Soaking time plus

Measuring cups

Can opener

- 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.

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.

Recipes

For more recipes, please visit: www.fcs.ext.vt.edu/recipes



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Nutrition Facts

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

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.

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