

# Recipes

## **Navy Bean Soup**

#### **Ingredients:**

1 pound dried beans, navy 10 cups water 3/4 cup celery, diced 3/4 cup carrots, diced 1/2 cup onion, chopped 1 ounce ham Pepper to taste

### **Equipment:**

Large Saucepan Cutting Board Knife

Number of Servings: 8 Prep Time: 15 minutes Total Time: 14 hours

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Nutr Serving Size Servings: 8		Facts	
Amount Per S	erving		
Calories 20	7	Calories from Fat 9	
		%Daily \	/alue*
Total Fat 1g			2%
Saturated Fat 0g			0%
Cholesterol 2mg			1%
Sodium 78mg			3%
Potassium 746mg			21%
Total Carbohydrate 37g			12%
Dietary Fiber 15g			60%
Protein 14g			28%
Vitamin A	68%	Vitamin C	8%
Iron	22%	Calcium	10%
*Percent Daily	<sup>,</sup> Values are t	based on a 2,000 cal	orie diet

#### Directions

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- 1. Wash and sort beans. 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. Add celery, carrots and onion to beans and water.
- 4. Add ham or good meat ham bone. Cover and bring to a boil. Reduce heat and simmer for 2 to 4 hours or until beans reach desired tenderness. Add additional water if needed.

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