

Eat Smart • Move More

Navy Bean Soup

Prep Time: 15 minutes

Total Time: 5 hours



Ingredients

- 1 pound dried navy beans, cleaned and soaked
- 8 cups water
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 ounce ham, chopped
- ¼ teaspoon ground black pepper

Nutrition Facts

6 servings per container	
Serving size	1 serving (447.5g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol <5mg	2%
Sodium 90mg	4%
Total Carbohydrate 50g	18%
Dietary Fiber 13g	46%
Total Sugars 5g	
Includes g of Added Sugars	
Protein 18g	
Vitamin D 0mcg	0%
Calcium 138mg	10%
Iron 4mg	25%
Potassium 1042mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ For a slightly different flavor, add brown rice or substitute the water with broth.
- ▶ If you do not have navy beans on hand, you can replace them with other beans, such as cannellini or great northern beans.

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Directions

- To soak the beans, either cover with water and leave to sit overnight or use the quick soak method. To quick soak beans, bring them to a boil and let simmer for about 2 minutes. Cover, remove from heat, and allow to sit for 1 hour.
- After soaking, drain the water and add fresh water, onion, carrots, celery, and ham to the beans.
- Cover and bring to a boil. Reduce heat and simmer 2-4 hours, or until the beans are tender. Add water, as needed, during the cooking process.
- Season with black pepper and serve hot.

(Recipe adapted from: <http://allrecipes.com>.)

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