

# Eat Smart • Move More

## Slow Cooker Navy Bean Soup

Prep Time: 15 minutes

Total Time: 8 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

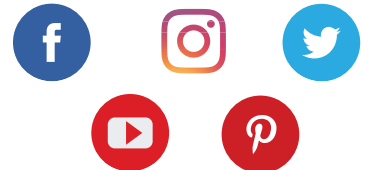
6 servings per container	
<b>Serving size</b>	<b>1 serving (447.5g)</b>
<b>Amount per serving</b>	
<b>Calories 280</b>	
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>2%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate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

\*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

- ▶ Stovetop Directions: cover all ingredients 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.
- ▶ Add or replace ingredients with what you have on hand.

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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 cook on low for 8 hours, on high for 4 hours, or until beans have reached desired tenderness.
- Season with black pepper and serve hot.

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

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