

## 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

### Directions

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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### Nutrition Facts

Serving Size: 1 cup	
Servings: 8	
Amount Per Serving	
<b>Calories 207</b>	Calories from Fat 9
%Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	0%
<b>Cholesterol 2mg</b>	<b>1%</b>
<b>Sodium 78mg</b>	<b>3%</b>
<b>Potassium 746mg</b>	<b>21%</b>
<b>Total Carbohydrate 37g</b>	<b>12%</b>
Dietary Fiber 15g	60%
<b>Protein 14g</b>	<b>28%</b>
Vitamin A 68%	Vitamin C 8%
Iron 22%	Calcium 10%

\*Percent Daily Values are based on a 2,000 calorie diet.

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