

Bean Soup

Low Fat/ Low Sodium/ High Fiber

Ingredients:

1 Pound dry navy beans
10 Cups water
3/4 Cup celery, chopped
3/4 Cup carrots, diced
1/2 Cup onion, chopped
1 oz. ham (optional)
Pepper to taste



Directions:

Wash and sort beans, discard any stones or damaged beans. Put beans in large saucepan, cover with water and soak overnight.

After soaking, drain water and add 10 cups fresh water to beans.

Add celery, carrots, onion, and ham to beans. Cover and bring to boil. Reduce heat and simmer for 2 to 4 hours or until beans reach desired tenderness. Add additional water as/if needed.

Variations:

Use additional herbs and spices such as parsley, thyme, crushed red pepper and cumin.

Smoked turkey or meaty ham bone can be used instead of ham.

Vegetable stock water can be used instead of regular water.

Serving size: 1 Cup

Servings: 8

211 Calories, 1g Fat, 13g Protein, 38g Carbohydrates, 9g Fiber