

Senate Bean Soup

Serving Size: 1 cup

Serves: 12

2 cups dried navy beans (about 1 pound)
12 cups water
6 cups low sodium vegetable broth
1 ham bone or ham hock
¼ teaspoon coarse black pepper
1 large onion, diced
1 clove garlic, minced
1 Anaheim or poblano pepper, seeded and diced
1 carrot, diced
1 medium potato, diced
2 stalks celery, diced
¼ cup fresh parsley, diced
dash of salt if needed
1 - 15oz can no added salt diced tomatoes

Directions

In a Dutch oven, heat the beans and water to boiling. Boil uncovered 2 minutes and remove from heat. Cover and let stand for 1 hour.

Drain the beans. Replace the soak water with vegetable broth. Add the ham bone and pepper. Return to a boil and simmer until the beans are tender, about 1½ - 2 hours.

Stir in the next 7 ingredients. Cover and simmer for 30 minutes. Remove the ham bone and give it to your favorite canine friend.

Adjust the seasonings. Add salt if needed. Stir in the diced tomatoes and bring to serving temperature.

Exchanges per serving:

1 Lean Meat, 1 Starch, 1 Vegetable

Nutrients per serving:

Calories: 156

Calories from fat: 9

Total Fat: 1 g

Saturated Fat: 0 g

Cholesterol: 3 mg

Sodium: 85 mg

Carbohydrate: 28 g

Dietary Fiber: 10 g

Protein: 10 g