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

**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.

**Nutrition Facts**

- **Serving Size:** 1 cup
- **Servings:** 8
- **Calories:** 207
- **Calories from Fat:** 9
- **% Daily Value:**
  - **Total Fat:** 1g (2%)
  - **Saturated Fat:** 0g (0%)
  - **Cholesterol:** 2mg (1%)
  - **Sodium:** 78mg (3%)
  - **Potassium:** 21%
  - **Total Carbohydrate:** 37g (12%)
  - **Dietary Fiber:** 15g (60%)
  - **Protein:** 14g (28%)
- **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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