



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Bean Soup*

- 2 cups dried navy beans**
- 3 quarts water
- 1 clove garlic
- 1 large onion, minced
- 3 stalks celery, chopped
- 1 meaty ham bone or ½ pound chopped ham
- salt and pepper to taste

1. In large pot, cover beans with water and soak overnight.
2. Don't drain.
3. Add remaining ingredients
4. Heat to boiling. Cover. Turn down heat and simmer 2 to 4 hours or until tender. Serves 6.

***Try using other legumes such as split peas, lentils, or black eyed peas. If using split peas or lentils, overnight soak is not needed.*

Variations:

1. Cook beans in chicken broth for added flavor.
2. **Black Bean Soup** – Substitute black beans for navy beans. Add one small chopped green pepper if desired.

*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to www.uwyo.edu/centsible for more information.

Nutrition Facts

Serving Size: 1 cup (603g)

Servings: 6

Amount Per Serving

Calories 250 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 460mg **19%**

Total Carbohydrate 46g **15%**

Dietary Fiber 18g **71%**

Sugars 4g

Protein 16g

Vitamin A 2% ■ Vitamin C 4%

Calcium 15% ■ Iron 20%

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



TV Show

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