



Bean Soup

Yield – 160 (1 cup) servings

Ingredients

10 lbs. Navy or Pea Beans
2 lb. Split Peas
3 ¾ gallons Water
1 #10 can tomato puree or canned
Tomatoes, chopped
1 ½ qts. Onions, chopped
1 qt. Celery, chopped
1 cup Salt
6 Ham Shanks

How to Prepare

1. Sort and wash beans and peas. Add to boiling water and boil for 2 minutes.
2. Remove from heat. Cover and let soak for one hour, cool. Let beans and peas stand overnight in refrigerator.
3. Add other ingredients and simmer 3 hours, covered. Remove ham bones. Serve hot.

*****Nutritional Information Per Serving*****

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|-----------------------|-----------------------|-----------------------|--------------------|
| Calories = 114 | Saturated Fat = 0.10g | Dietary Fiber = 8.05g | Vitamin C = 4.07mg |
| Carbohydrate = 21.41g | Cholesterol = 0mg | Protein = 7.32g | Calcium = 53.60mg |
| Total fat = 0.44g | Sodium = 739mg | Vitamin A = 33RE | Iron = 2.25mg |

Recipe provided by

