

# Navy Bean Soup

---

*I use a ham bone from the freezer to flavor this soup. In addition, I also freeze the rind or fat from the ham. Render some fat from the rind or salt pork to cook the onions in for extra flavor. You can also use bacon, if you do not have a ham bone or make the whole thing vegetarian.*

1 pound	navy beans	1	ham bone
1 large	onion, diced	3 ounces	salt pork or ham rind or 3 strips diced
3	celery stalk sliced		bacon or 2T canola oil
3 large	carrots sliced into ¼-inch rounds	8 cups	water
¼ cup	parsley leaves and stems	1	potato peeled and diced
2 sprigs	thyme	1 teaspoon	salt
1	bay leaf	5 grindings	black pepper freshly ground

- 1 Soak beans overnight covered in 2 quarts of water OR bring to boil, cover, remove from heat and let sit for 30 minutes. Drain and rinse beans.
- 2 In a soup pot, add optional salt pork or canola oil. Cook onion until translucent, about 5 minutes. Add drained beans, ham bone, celery, carrots, parsley stems, thyme, bay leaf and 8 cups water. Bring to a boil, cover and then simmer for 30 minutes.
- 3 After 30 minutes, add in potato and season to taste with salt and pepper. Cover and cook on low for an additional 45 minutes or until beans are tender and begin to split.
- 4 Remove the bone, the ham rind and the thyme sprigs. Puree all or part of the soup in a blender in batches. If you want some texture, leave about ⅓ of the soup and mix it with the other ⅔ that has been pureed.
- 5 Serve in bowls and garnish with parsley leaves.

Servings: 10

Preparation Time: 10 minutes

Cooking Time: 1 hour and 30 minutes

Inactive Time: 30 minutes

Total Time: 2 hours and 10 minutes

## Nutrition Facts

---

Nutrition (per serving): 311 calories, 92 calories from fat, 10.2g total fat, 34.5mg cholesterol, 421.2mg sodium, 909.1mg potassium, 34.7g carbohydrates, 12.6g fiber, 3.8g sugar, 20.8g protein.

## Source

---

Author: Patricia K. Rose, November 2014

