



## Old Fashioned Bean Soup

### Ingredients

1 (1-pound) bag dry navy beans *or* 2 (15½-ounce) cans

2 quarts water

1 pound meaty ham bones *or* pieces

¼ teaspoon ground pepper

½ cup chopped celery leaves

1 medium onion

salt to taste

Makes 10 servings

### Instructions

1. Put all ingredients in crock-pot.
2. Cover and cook on low for 10 to 12 hours *or* high for 5 to 6 hours.

### Note:

- Completely soften beans as directed on package.

### Nutrition Facts

Serving Size 1 1/4 cup  
Servings Per Container 10

Amount Per Serving

**Calories 230**    Calories from Fat 45

% Daily Value\*

**Total Fat** 4.5g    7%

Saturated Fat 1.5g    8%

Trans Fat 0g

**Cholesterol** 25mg    8%

**Sodium** 690mg    29%

**Total Carbohydrate** 28g    9%

Dietary Fiber 11g    44%

Sugars 1g

**Protein** 19g

Vitamin A 0%    • Vitamin C 2%

Calcium 8%    • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

18% calories from fat

**Source:** Cornell Cooperative Extension of Schoharie County.

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