**Bean Soup**

1 pound dry navy beans  
3/4 cup celery, chopped  
3/4 cup carrots, chopped  
1 medium onion, chopped  
1 meaty ham bone or ham stock  
1/2 cup catsup  
pepper to taste

Wash and sort beans. Cover beans with water in large saucepan. Let stand overnight. Drain beans, then add about 1 1/2 quarts fresh water and remaining ingredients. Cover and bring to a boil. Reduce heat and simmer about 1 hour, or until beans reach desired tenderness. Add additional water if needed.

**Red Beans and Rice**

1 pound dried, red kidney beans  
1/2 pound ham hocks  
1 large onion  
2 Tablespoons fresh parsley, if desired  
1 teaspoon garlic powder, or 2 cloves garlic, crushed  
1 Tablespoon margarine  
pepper to taste  
1 Tablespoon worcestershire sauce  
tabasco sauce to taste  
6 cups cooked rice

Place beans in a heavy pot. Add enough water to cover beans. Bring to a boil, then turn off heat and let stand 1 hour. Add ham hocks. Cook over medium heat until they are completely done, about 1 hour. Remember to keep checking the beans to make sure they have enough water. After the beans are completely done, add the onion, parsley (if desired), garlic, margarine, pepper and sauces. Let simmer over low heat, stirring occasionally, for 30 minutes. Serve over rice.
Nutrition Facts

Servings Per Recipe 6
Amount Per Serving
Calories 344 10% of total calories from fat
Total Fat 4 g Sodium 683 mg
*Vitamin A 41% *Vitamin C 24%
*Calcium 15% *Iron 29%

*Percentage Daily Values

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Released by Gail M. Hanula, MS, RD, LD, Family Nutrition Program Specialist
November 2002
Publication Number: FDNS-NE 1151

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Nutrition Facts

Servings Per Recipe 12
Amount Per Serving
Calories 300 14% of total calories from fat
Total Fat 4 g Sodium 207 mg
*Vitamin A 1% *Vitamin C 11%
*Calcium 4% *Iron 23%

*Percentage Daily Values

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