Bean Soup

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

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

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
- **Total Fat**: 4 g
- **Sodium**: 683 mg
- **Vitamin A**: 41%  
- **Calcium**: 15%

*Percentage Daily Values

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**Servings Per Recipe**: 12

**Amount Per Serving**

- **Calories**: 300
- **Total Fat**: 4 g
- **Sodium**: 207 mg
- **Vitamin A**: 1%  
- **Calcium**: 4%

*Percentage Daily Values

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