



### *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 |
| 2 Tablespoons fresh parsley, if desired                  | tabasco sauce to taste            |
| 1 teaspoon garlic powder,<br>or 2 cloves garlic, crushed | 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

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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