

# Smoky Ham and Navy Bean Stew

*Best Slow Cooker Recipes  
Pillsbury Classic Cookbooks #370*

## Servings: 4

*1 pound (3 cups) cooked ham, cut into 1/2-inch cubes*  
*1 cup dried navy beans, sorted and rinsed*  
*2 medium stalks (1 cup) celery, sliced*  
*2 medium (1 cup) carrots, sliced*  
*1 small (1/4 cup) onion, chopped*  
*2 cups water*  
*1/4 teaspoon dried thyme leaves*  
*1/4 teaspoon liquid smoke*  
*1/4 cup fresh parsley, chopped*

## Preparation Time: 10 minutes

Spray a 3-1/2- to 4-quart slow cooker with cooking spray.

In a slow cooker, mix all of the ingredients except the parsley.

Cover and cook on LOW heat setting for ten to twelve hours or until the beans are tender.

Sprinkle individual servings with parsley.

Start to Finish Time: 10 hours 10 minutes

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Per Serving (excluding unknown items): 266 Calories; 4g Fat (14.5% calories from fat); 18g Protein; 40g Carbohydrate; 15g Dietary Fiber; 19mg Cholesterol; 488mg Sodium. Exchanges: 2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fat.

Slow Cooker, Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	266
% Calories from Fat:	14.5%
% Calories from Carbohydrates:	58.2%
% Calories from Protein:	27.2%
Total Fat (g):	4g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	19mg
Carbohydrate (g):	40g
Dietary Fiber (g):	15g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	.7mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	215mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	2
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**Protein (g):** 18g  
**Sodium (mg):** 488mg  
**Potassium (mg):** 942mg  
**Calcium (mg):** 114mg  
**Iron (mg):** 4mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 22mg  
**Vitamin A (i.u.):** 10350IU  
**Vitamin A (r.e.):** 1034 1/2RE

**Lean Meat:** 1 1/2  
**Vegetable:** 1 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 266 Calories from Fat: 39

### % Daily Values\*

<b>Total Fat</b>	4g	7%
Saturated Fat	1g	7%
<b>Cholesterol</b>	19mg	6%
<b>Sodium</b>	488mg	20%
<b>Total Carbohydrates</b>	40g	13%
Dietary Fiber	15g	59%
<b>Protein</b>	18g	

<b>Vitamin A</b>	207%
<b>Vitamin C</b>	37%
<b>Calcium</b>	11%
<b>Iron</b>	24%

\* Percent Daily Values are based on a 2000 calorie diet.