

Navy Soup

Mrs Fred Brock

St Timothy's - Hale Schools - Raleigh, NC - 1976

*1 small bag navy beans
1 carrot grated
4 to 6 shakes garlic salt
1 large onion, chopped
leftover ham bone
2 quarts water*

Wash the beans. Place in a soup pot. Cover in two quarts of water. add the onion, carrots and garlic salt.

Fry the fat from a country ham and chop fine. Place the fat and graese into the bean soup.

Let the soup simmer for four hours.

The ham may be shredded and added also.

Per Serving (excluding unknown items): 755 Calories; 3g Fat (3.3% calories from fat); 48g Protein; 140g Carbohydrate; 57g Dietary Fiber; 0mg Cholesterol; 8289mg Sodium. Exchanges: 8 1/2 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 0 Other Carbohydrates.