

Neighborhood Bean Soup

*Cheryl Trowbridge - Windsor, Ontario
Taste of Home Prize-Winning Recipes*

Servings: 10

Yield: 2 3/4 quarts

2 cups dried great northern beans

5 cups chicken broth

3 cups water

1 large meaty ham bone

2 to 3 tablespoons chicken bouillon granules

1 teaspoon dried thyme

1/2 teaspoon dried marjoram

1/2 teaspoon pepper

1/4 teaspoon rubbed sage

1/4 teaspoon dried savory

2 medium onions, chopped

3 medium carrots, chopped

3 ribs celery, chopped

1 tablespoon vegetable oil

Place the beans in a Dutch oven or soup kettle.

Add water to cover by two inches. Bring to a boil for 2 minutes. Remove from the heat. Cover and let stand for one hour. Drain.

Add the broth, water, ham bone, bouillon and seasonings. Bring to a boil. Reduce the heat. Cover and simmer for two hours.

In a skillet, saute' the onions, carrots and celery. Add to the soup. Cover and simmer for one hour longer.

Debone the ham and cut into chunks. Return to the soup. Skim the fat.

Per Serving (excluding unknown items): 177 Calories; 3g Fat (13.1% calories from fat); 11g Protein; 28g Carbohydrate; 9g Dietary Fiber; trace Cholesterol; 482mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1/2 Fat.