## Sandi's Greens and Beans Soup

Sandi Goodness

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

1 can northern beans

10 cups chicken stock OR chicken broth

2 onions, chopped

1 package (16 ounce) frozen chopped turnip greens with diced roots

1 can diced tomatoes

1 teaspoon balsamic vinegar

2 cloves garlic, minced

3 potatoes, cubed

2 cups ham (leftover baked ham works)

1 dried cayenne pepper (optional), minced

Place all of the ingredients in a large pot.

Cook on medium heat for approximately one hour.

Per Serving (excluding unknown items): 420 Calories; 1g Fat (2.7% calories from fat); 12g Protein; 95g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 46mg Sodium. Exchanges: 4 1/2 Grain(Starch); 5 1/2 Vegetable; 0 Fruit.

Soups, Chili and Stews

Carbohydrate (g):

## Day Carrier Mutritional Analysis

Calories (kcal):	420	Vitamin B6 (mg):	1.4mg
% Calories from Fat:	2.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	86.4%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	10.9%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	1g	Folacin (mcg):	116mcg
	trace	Niacin (mg):	7mg
Saturated Fat (g):		Caffeine (mg):	0mg
Monounsaturated Fat (g):	trace	Alcohol (kcal):	Ō
Polyunsaturated Fat (g):	1g	% Pofuso	በ በ%
Cholesterol (mg):	0mg		

95g

**Food Exchanges** 

Dietary Fiber (g):	12g	Grain (Starch):	4 1/2
Protein (g):	12g	Lean Meat:	0
Sodium (mg):	46mg	Vegetable:	5 1/2
Potassium (mg):	2762mg	Fruit:	0
Calcium (mg):	90mg	Non-Fat Milk:	0
Iron (mg):	4mg	Fat:	0
Zinc (mg):	2mg	Other Carbohydrates:	0
Vitamin C (mg):	122mg		
Vitamin A (i.u.):	1121IU		
Vitamin A (r.e.):	111 1/2RE		

## **Nutrition Facts**

Amount Per Serving				
Calories 420	Calories from Fat: 11			
	% Daily Values*			
Total Fat 1g Saturated Fat trace	2% 1%			
Cholesterol 0mg Sodium 46mg	0% 2%			
Total Carbohydrates 95g Dietary Fiber 12g Protein 12g	32% 48%			
Vitamin A Vitamin C Calcium Iron	22% 204% 9% 23%			

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.