

Savory Navy Bean Soup

Mrs. B. G. Knight - Sulphur Springs, TX
Southern Living - 1987 Annual Recipes

Yield: 7 cups

1 package (16 ounce) dried navy beans

6 cups water

2 slices bacon, chopped

1/2 cup onion, diced

2 cloves garlic, minced

1 cup carrots, sliced

1 cup celery, sliced

1 1/2 teaspoons salt

1/4 teaspoon white pepper

1/4 teaspoon red pepper

1 tablespoon dry sherry

Sort and wash the beans. Place the beans in a Dutch oven. Add six cups of water. Cover and let soak for eight hours.

Bring the mixture to a boil. Reduce the heat and simmer for 1-1/2 hours, stirring occasionally. Remove from the heat.

Place about one-third of the bean mixture into the container of an electric blender. Cover and process until smooth. Return to the Dutch oven.

In a saucepan, saute' the bacon, onion and garlic until the bacon is crisp. Drain.

Add the bacon mixture, carrots, celery, salt, white pepper, red pepper and sherry to the beans.

Cover and simmer an additional 25 minutes.

Additional water may be added if a thinner soup is desired.

Per Serving (excluding unknown items): 903 Calories; 9g Fat (9.3% calories from fat); 54g Protein; 153g Carbohydrate; 58g Dietary Fiber; 11mg Cholesterol; 3626mg Sodium. Exchanges: 8 1/2 Grain(Starch); 3 1/2 Lean Meat; 5 Vegetable; 1 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	903
% Calories from Fat:	9.3%
% Calories from Carbohydrates:	67.1%
% Calories from Protein:	23.6%

Vitamin B6 (mg):	1.3mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	1.6mg
Riboflavin B2 (mg):	.6mg

Total Fat (g): 9g
Saturated Fat (g): 3g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 11mg
Carbohydrate (g): 153g
Dietary Fiber (g): 58g
Protein (g): 54g
Sodium (mg): 3626mg
Potassium (mg): 3352mg
Calcium (mg): 486mg
Iron (mg): 15mg
Zinc (mg): 7mg
Vitamin C (mg): 39mg
Vitamin A (i.u.): 36379IU
Vitamin A (r.e.): 3635 1/2RE

Folacin (mcg): 837mcg
Niacin (mg): 7mg
Caffeine (mg): 0mg
Alcohol (kcal): 17
% Refuse: 0 0%

Food Exchanges

Grain (Starch): 8 1/2
Lean Meat: 3 1/2
Vegetable: 5
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 903 Calories from Fat: 84

% Daily Values*

Total Fat	9g	14%
Saturated Fat	3g	15%
Cholesterol	11mg	4%
Sodium	3626mg	151%
Total Carbohydrates	153g	51%
Dietary Fiber	58g	233%
Protein	54g	
Vitamin A		728%
Vitamin C		66%
Calcium		49%
Iron		85%

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