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Old Fashioned Bean Soup

Ingredients:

- 1 (1-pound) bag dry navy beans or 2 (15½- ounce) cans
- 2 quarts water
- 1 pound meaty ham bones or pieces
- ¼ teaspoon ground pepper
- ½ cup chopped celery leaves
- 1 medium onion
- salt to taste

Makes 10 servings - 18% calories from fat

Instructions:

1. Put all ingredients in crockpot.
2. Cover and cook on low for 10 to 12 hours or high for 5 to 6 hours.

Note:

- Completely soften beans as directed on package

Nutrition Facts	
Serving Size 1 1/4 cup	
Servings Per Container 10	
Amount Per Serving	
Calories 230	Calories from Fat 45
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 690mg	29%
Total Carbohydrate 28g	9%
Dietary Fiber 11g	44%
Sugars 1g	
Protein 19g	
Vitamin A 0%	Vitamin C 2%
Calcium 8%	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



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