

Bean Soup

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This was a recipe my mom always used! She got it from a cookbook published in 1959 called the Farm Journal's Country Cookbook. I make it as written – you can cut down LOTS of time by doing in the Instant Pot. But, I'm old fashioned and I like a pot of soup simmering all day ☐

Makes 10 servings. The points are more of an "at your discretion" decision. I don't know how to point out the ham bone. So, here is my take on it

Blue – 0 points or 3 points (if you want to count the small amount of meat/fat from bone)

Purple – 0 points or 3 points (if you want to count the small amount of meat/fat from bone)

Green – 4 points or 7 points (if you want to count the small amount of meat/fat from bone)

- 2 cups dried navy or white beans
- 1 ham bone or 1 1/2 lb ham butt
- 1/2 cup chopped onion
- 1 cup chopped celery and leaves
- 32 oz diced tomatoes
- 3/4 cup diced potatoes
- 1 tsp salt
- 1/4 tsp pepper

Prepare Beans

1. Wash beans, add 6 cups water and boil 2 minutes.
2. Remove from heat and let stand 1 hour.
3. Simmer beans without draining until tender, about 2 hours, adding more water if necessary.

Soup

1. While beans are simmering, simmer ham in water to cover.
About 2 hours
2. Remove ham bone. Skim fat from broth and add tender beans
3. Stir in remaining ingredients and simmer until potatoes are tender, about 20 minutes.