

Southern Inspired Greens, Beans & Ham Soup

Yield: 6 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/david-jackson-southern-style-beans-and-greens-recipe>

Ingredients:

- 2 cups cubed ham
- 2 1/2 cups beans cooked, or one can
- 2 cups mustard greens chopped
- 2 cups collard greens chopped, stems removed
- 6 cups chicken broth
- 2 tablespoons apple cider vinegar
- 1 can diced tomatoes
- 1 teaspoon lemon pepper
- 1 teaspoon garlic salt
- 1 tablespoon Tabasco Sauce

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 45 milligrams
4. Fat: 9 grams
5. Fiber: 4 grams
6. Protein: 20 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1080 milligrams
9. Sugar: 3 grams

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