

Crock Pot Great Northern Beans - Southern Style

Yield: 6 min
Total Time: 310 min

Recipe from: <https://www.recipeschoose.com/recipes/great-northern-beans-recipe-southern-style-crockpot>

Ingredients:

- 2 pounds dry great Northern beans
- 6 cups water
- 1 1/2 pounds ham hock
- salt to taste
- 1/2 teaspoon black pepper
- 1 large carrot sliced or chopped
- 1 celery stalk large, sliced or chopped
- 1/2 teaspoon cayenne pepper
- 2 pounds Great Northern beans
- 6 cups water
- 1 1/2 pounds ham hock
- salt to taste
- 1/2 teaspoon black pepper
- 1 large carrot sliced or chopped
- 1 celery stalk large, sliced or chopped
- 1/2 teaspoon cayenne pepper

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 66 grams
3. Fiber: 22 grams
4. Protein: 25 grams
5. Sodium: 310 milligrams
6. Sugar: 1 grams

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