

# Crock Pot Northern Beans & Ham

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-northern-beans-recipe>

## Ingredients:

- 16 ounces Northern beans package package dried
- 4 ham hock meaty, shank or meaty ham bone, about 1 1/2 lbs
- 1 small onion diced
- water
- beans
- 1 ham packet Goya, flavored concentrate, optional but so good
- 1 bay leaf
- salt
- pepper
- 1/3 cup light brown sugar

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 5 milligrams
4. Fat: 0.5 grams
5. Fiber: 9 grams
6. Protein: 11 grams
7. Sodium: 300 milligrams
8. Sugar: 18 grams

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