

Instant Pot Navy Bean Soup

Yield: 4 min
Total Time: 110 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-navy-bean-recipe>

Ingredients:

- ham bone with meat on it
- 12 ounces ham cubed, optional see notes
- 16 ounces dried navy beans
- 8 cups water

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 50 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 22 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1150 milligrams

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