

# Navy Bean and Ham Soup

Yield: 8 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/navy-bean-and-ham-soup-recipe-southern-living>

## Ingredients:

- 16 ounces dried navy beans soaked overnight according to package directions, drained, and rinsed
- 4 cups water
- 2 cups reduced sodium vegetable broth
- 1 cup yellow onion chopped, 1 small onion
- 1/2 cup carrot chopped peeled, 2 carrots
- 1/2 cup chopped celery 3 celery stalks
- 1 garlic clove minced
- 1 bay leaf
- 1/2 teaspoon black pepper
- 1 ham bone large, meaty roasted

## Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 11 grams
3. Fat: 0.5 grams
4. Fiber: 1 grams
5. Protein: 4 grams
6. Sodium: 60 milligrams
7. Sugar: 2 grams

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