

# McGuire's Senate Bean Soup

Yield: 7 min  
Total Time: 60 min

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

## Ingredients:

- 1 pound dried navy beans
- 4 pints water
- 1 bay leaf
- 3 whole cloves
- 1 ham bone large, preferably with bits of meat left on it
- 1/2 cup chopped onion
- 2 stalks celery including leaves, roughly chopped, I prefer smaller pieces of celery and carrots
- 2 large carrots peeled and chopped
- 1 1/2 teaspoons salt
- 16 freshly ground black pepper turns
- cheese cloth

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 5 milligrams
4. Fat: 2 grams
5. Fiber: 1 grams
6. Protein: 6 grams
7. SaturatedFat: 1 grams
8. Sodium: 570 milligrams
9. Sugar: 2 grams

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