

Creamy Southern Navy Beans with Bacon

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-navy-beans-recipe>

Ingredients:

- water
- 1 cup dried navy beans
- 1 1/2 cups milk
- 1 1/2 cups water
- 4 slices thick cut bacon Finely Chopped
- 1 yellow onion Large Sweet, Finely Chopped
- 3/4 teaspoon freshly ground black pepper
- 1/2 teaspoon sea salt Ground
- 2 tablespoons fresh parsley Finely Chopped

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 30 milligrams
4. Fat: 15 grams
5. Fiber: 1 grams
6. Protein: 12 grams
7. SaturatedFat: 5 grams
8. Sodium: 610 milligrams
9. Sugar: 7 grams

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