

Southern Style Beans

Yield: 4 min

Total Time: 105 min

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

Ingredients:

- 1 pound dried navy beans
- water
- 2 bacon lean strips nitrite-free
- 1 medium onion
- 5 garlic cloves
- 1 tablespoon olive oil
- 1 quart low sodium chicken stock
- 2 bay leaves
- 1/2 teaspoon chile flake
- 1 teaspoon fresh rosemary half teaspoon dry
- 1 teaspoon sage fresh chopped, half teaspoon dry
- 1/2 teaspoon salt
- freshly ground black pepper

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 5 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 14 grams
7. SaturatedFat: 1 grams
8. Sodium: 420 milligrams
9. Sugar: 1 grams

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