

SAVORY HAM AND BEAN SOUP

Source: Simple Everyday Meals (BETTER HOMES & GARDENS)

INGREDIENTS:

4 (15 oz) cans Navy OR Great Northern beans, rinsed/drained
1/2 C diced/cooked ham
1 large onion, chopped
1 C sliced celery
1/2 tsp dried thyme OR sage
1/2 tsp black pepper
1/2 tsp minced garlic
2 (24 oz) cans reduced-sodium chicken broth
3 C water
Fresh cilantro sprigs (optional)

DIRECTIONS:

In Dutch oven, combine beans, ham, onion, celery, thyme, pepper + garlic – stir in broth + water. Bring to boil – reduce heat - cover/simmer about 20 minutes or till vegetables are tender. Serve immediately OR transfer to storage container and chill for up to 48 hours. Garnish each serving with cilantro, if desired. Serve with warm tortillas, corn bread or corn muffins.

Makes 8 servings

[per serving: 323 calories; 4 g total fat (1g saturated fat); 1,629 mg sodium; 14 mg cholesterol; 50 g carbohydrates; 12 g fiber ; 23 g protein]