

Ham & Bean Soup

Makes 6-8 serving | **Vegetables** • **Protein**

Ingredients

- 1 Tablespoon garlic, chopped
- 1 medium onion, minced
- 1 Tablespoon canola oil
- 3 stalks celery, chopped
- 2 large carrots, diced
- 2 15-ounce can beans or 4 cups cooked beans
- 6 cups low-sodium broth
- ½ pound cooked ham, chopped
- 1 teaspoon black pepper

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. In a large soup pot, combine garlic, onion, and oil. Cook for 5-7 minutes or until onion begins to brown.
3. Add celery and carrots. Cook for another 3-5 minutes until celery begins to soften.
4. Add beans, broth, ham, and black pepper.
5. Bring to a boil then reduce heat to medium.
6. Cover with lid and cook for 20-30 minutes or longer. Serve hot with whole grain bread.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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