



Ham & Bean Soup

Makes 6-8 servings | **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 (see back for instructions on cooking dry 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.



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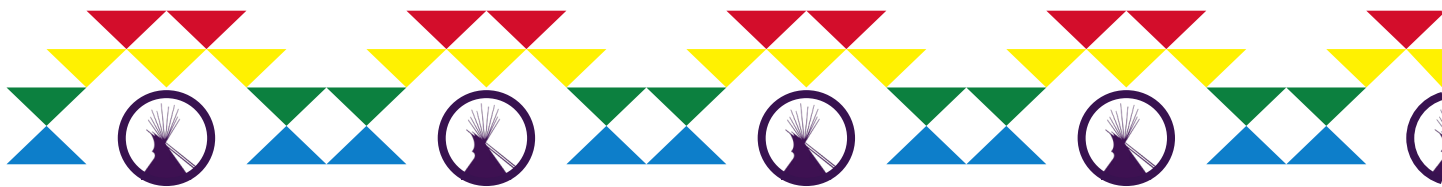
Extension



Cent\$ible
Nutrition
Program

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 Wind River Reservation CNP Educator at <https://uwyocnp.org/wrir/>

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Cooking Dry Beans

Makes 3 Cups | Protein

Ingredients

- 1 pound or 2 cups dry beans (pinto, kidney, black, etc.)
- Water

Directions

1. Wash hands in warm soapy water.
2. Rinse beans in cool water, then follow one of the methods below.

Quick Cook Method

1. Put beans in a large pot and add 12 cups of water.
2. Bring to a boil and boil for 2 minutes, then remove from heat. Cover pot and let sit for 1 hour.
3. Discard soaking water and add fresh water to cover the beans. Return to heat and simmer for 1-3 hours, adding water if needed.

Overnight Method

1. Put beans in a large pot and add 6 cups of water.
2. Let soak for 6 or more hours in the refrigerator.
3. Discard soaking water and add fresh water to cover the bean. Bring to a boil then simmer for 1-3 hours, adding water if needed.

Slow-Cooker (Crockpot) Method

1. Put the beans in a Crockpot and add 6 cups of water.
2. Cook on high 5-8 hours or until beans are tender.
3. Discard cooking water.

Electric Pressure (Instant Pot) Method

1. Soak beans overnight or for several hours in the fridge.
2. Rinse and discard cracked or split beans and pour into Instant Pot.
3. Add water (about twice as much water as beans, at least 1-2 c. in a pressure cooker).
4. Close and seal pressure cooker.
5. Cook on manual pressure for 25-30 minutes.
6. Release pressure when finished cooking. Be careful as hot steam escapes.