

Bean Soup

1 pound dry navy beans	1 meaty ham bone or ham stock
3/4 cup celery, chopped	1/2 cup catsup
3/4 cup carrots, chopped	pepper to taste
1 medium onion, chopped	

Wash and sort beans. Cover beans with water in large saucepan. Let stand overnight. Drain beans, then add about 1 1/2 quarts fresh water and remaining ingredients. Cover and bring to a boil. Reduce heat and simmer about 1 hour, or until beans reach desired tenderness. Add additional water if needed.

Red Beans and Rice

1 pound dried, red kidney beans	1 Tablespoon margarine
1/2 pound ham hocks	pepper to taste
1 large onion	1 Tablespoon worcestershire sauce
2 Tablespoons fresh parsley, if desired	tabasco sauce to taste
1 teaspoon garlic powder, or 2 cloves garlic, crushed	6 cups cooked rice

Place beans in a heavy pot. Add enough water to cover beans. Bring to a boil, then turn off heat and let stand 1 hour. Add ham hocks. Cook over medium heat until they are completely done, about 1 hour. Remember to keep checking the beans to make sure they have enough water. After the beans are completely done, add the onion, parsley (if desired), garlic, margarine, pepper and sauces. Let simmer over low heat, stirring occasionally, for 30 minutes. Serve over rice.

Nutrition Facts

Servings Per Recipe 6

Amount Per Serving

Calories 344 10% of total calories from fat

Total Fat 4 g Sodium 683 mg

*Vitamin A 41% *Vitamin C 24%

*Calcium 15% *Iron 29%

*Percentage Daily Values

THE UNIVERSITY OF GEORGIA AND FT. VALLEY STATE UNIVERSITY, THE U.S. DEPARTMENT OF AGRICULTURE AND COUNTIES OF THE STATE COOPERATING. The Cooperative Extension Service offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, sex or disability. AN EQUAL OPPORTUNITY EMPLOYER/AFFIRMATIVE ACTION ORGANIZATION. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, The University of Georgia College of Agricultural and Environmental Sciences and the U.S. Department of Agriculture cooperating. Gale A. Buchanan, Dean and Director

Released by Gail M. Hanula, MS, RD, LD, Family Nutrition Program Specialist
November 2002
Publication Number: FDNS-NE 1151

Nutrition Facts

Servings Per Recipe 12

Amount Per Serving

Calories 300 14% of total calories from fat

Total Fat 4 g Sodium 207 mg

*Vitamin A 1% *Vitamin C 11%

*Calcium 4% *Iron 23%

*Percentage Daily Values

THE UNIVERSITY OF GEORGIA AND FT. VALLEY STATE UNIVERSITY, THE U.S. DEPARTMENT OF AGRICULTURE AND COUNTIES OF THE STATE COOPERATING. The Cooperative Extension Service offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, sex or disability. AN EQUAL OPPORTUNITY EMPLOYER/AFFIRMATIVE ACTION ORGANIZATION. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, The University of Georgia College of Agricultural and Environmental Sciences and the U.S. Department of Agriculture cooperating. Gale A. Buchanan, Dean and Director

Released by Gail M. Hanula, MS, RD, LD, Family Nutrition Program Specialist
November 2002
Publication Number: FDNS-NE 1151