

Senate Bean Soup

A recipe from my 3-ring binder, dated 1971. It's very similar to the published (online) Senate Bean Soup.



Servings: 6

1. Soak dried beans overnight covered by a couple of inches of cold water.
2. Drain and add 2 quarts of water and ham bone. Bring to a boil, reduce heat and simmer for about 2 hours. Add onions, garlic, celery, parsley and mashed potatoes and continue simmering for an hour longer or until the mixture is tender.
3. Remove ham bone and set aside. When cool enough to handle, chop the ham meat into small cubes. (Don't add it yet to the soup.)
4. Puree the soup in a blender until smooth. Return mixture to pot and add the ham. Add more water if you'd prefer a thinner soup. Reheat and serve with additional chopped parsley on top.

1 pound dried navy beans

2 quarts water

1 1/2 pounds ham hock, with ample meat on it

3 whole onions, chopped

2 cloves garlic, minced

2 stalks celery, chopped

1 cup mashed potatoes, or 2/3 cup dry instant potatoes

4 tablespoons parsley, chopped

Salt and pepper to taste

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 606 Calories; 23g Fat (34.4% calories from fat); 44g Protein; 56g Carbohydrate; 20g Dietary Fiber; 121mg Cholesterol; 187mg Sodium. Exchanges: 3 1/2 Grain(Starch); 4 Lean Meat; 1 Vegetable; 1 Fat.