

# BEAN SOUP

1- HAM BONE

2- CARROTS DICED

1- MEDIUM ONION DICED

1 QT. RANDALL'S OR BUSH'S PRE-COOKED

GREAT NORTHERN BEANS

1- @LOVE GARLIC MINCED

1 TBLSP SALT

1/2 TSP Pepper (BLACK)

6 CUPS COLD WATER

COOK HAM BONE IN WATER WITH  
SALT + ONION 1 1/2 HRS LOW TO MED  
HEAT. REMOVE BONE + STRAIN LIQUID  
ADDING BACK MEAT FROM BONE.

ADD GARLIC, CARROTS, BEANS + PEPPER  
COOK ADDITIONAL 15 MINUTES UNTIL  
CARROTS ARE TENDER. ADD WATER  
IF NECESSARY AS WELL AS SEASONING

SOUP WILL THICKEN OVERNIGHT IN REFRIG.  
STIR WELL BEFORE REHEATING

FOR SPLIT PEA OR LENTIL SOUPS USE  
SAME BASE. ADDING PEAS OR LENTILS, 1/8 TSP  
THYME + 1/8 TSP CAYENNE PEPPER - ADD WEINER TO LENTILS.