
Bean and Bacon Soup

Margaeret Howlett

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

8 slices bacon, cut into pieces

1 cup celery, chopped

1/2 cup carrot, chopped

1/4 cup green onions, sliced

2 cans (15.5 ounce) navy beans, drained and rinsed

2 cups reduced sodium chicken broth

1 cup water

In a large saucepan over medium-high heat, cook the bacon until crisp. Remove the bacon and drain on paper towels. Save two tablespoons of bacon drippings in the saucepan.

Add the celery, carrots and onions. Cook for 5 minutes or until the vegetables are tender, stirring frequently. Stir in all of the remaining ingredients.

Reduce the heat to low. Simmer approximately 5 minutes. Stir in the bacon.

Soups, Chili, Stew

Per Serving (excluding unknown items): 1740 Calories; 30g Fat (15.5% calories from fat); 110g Protein; 265g Carbohydrate; 106g Dietary Fiber; 43mg Cholesterol; 1004mg Sodium. Exchanges: 16 1/2 Grain(Starch); 8 Lean Meat; 2 1/2 Vegetable; 3 1/2 Fat.