

Oven-Baked Bean Soup

Karen Harvey

The Pennsylvania State Grange Cookbook (1992)

Servings: 12

*1 pound mixed dried beans
1 pound chopped lean ham
1 ham bones
3 quarts water
2 stalks celery, chopped
1 onion, chopped
2 carrots, chopped
1 can (8 ounce) tomato
sauce
salt (to taste)
pepper (to taste)*

Soak the beans in water overnight. Pick through the beans.

Preheat the oven to 325 degrees

In a Dutch oven, combine the beans, ham, ham bone, water, celery, onion, carrots, tomato sauce, salt and pepper. Mix well.

Bake for 4 to 4-1/2 hours or until of desired consistency.

Per Serving (excluding unknown items): 87 Calories; 4g Fat (36.5% calories from fat); 10g Protein; 4g Carbohydrate; 1g Dietary Fiber; 27mg Cholesterol; 687mg Sodium. Exchanges: 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fat.