

Sandi's Greens and Beans Soup

Sandi Goodness

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

1 can northern beans
 10 cups chicken stock OR chicken broth
 2 onions, chopped
 1 package (16 ounce) frozen chopped turnip greens with diced roots
 1 can diced tomatoes
 1 teaspoon balsamic vinegar
 2 cloves garlic, minced
 3 potatoes, cubed
 2 cups ham (leftover baked ham works)
 1 dried cayenne pepper (optional), minced

Place all of the ingredients in a large pot.

Cook on medium heat for approximately one hour.

Per Serving (excluding unknown items): 420 Calories; 1g Fat (2.7% calories from fat); 12g Protein; 95g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 46mg Sodium. Exchanges: 4 1/2 Grain(Starch); 5 1/2 Vegetable; 0 Fruit.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	420	Vitamin B6 (mg):	1.4mg
% Calories from Fat:	2.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	86.4%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	10.9%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	1g	Folacin (mcg):	116mcg
Saturated Fat (g):	trace	Niacin (mg):	7mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	95g		

Food Exchanges

