



Senate Bean Soup

 Gluten Free

READY IN



175 min.

SERVINGS



8

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 stalk celery chopped
- ☐ 1 pound navy beans dried picked over
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 1 pound ham with bone
- ☐ 8 servings kosher salt
- ☐ 0.5 cup milk
- ☐ 1 large onion chopped

- ☐ 8 servings pepper freshly ground
- ☐ 1 large baking potatoes peeled quartered
- ☐ 2 tablespoons butter unsalted

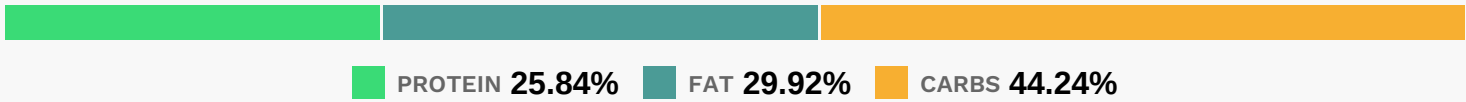
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ Put the beans in a large bowl and cover with about 3 times their volume of cold water. Soak overnight in a cool place.
- ☐ Drain the beans and transfer to a large pot or Dutch oven.
- ☐ Add 10 cups water and the ham. Bring to a simmer over medium heat, then reduce the heat to low and cook until the beans are tender, about 1 hour, 30 minutes.
- ☐ Transfer the ham to a plate to cool slightly, then remove the bone, if used, and dice the meat. Return the meat to the pot.
- ☐ Meanwhile, cover the potato with water in a saucepan and season with salt. Bring to a boil over medium-high heat, then reduce the heat and simmer until the potato is fork-tender, 20 to 25 minutes.
- ☐ Drain the potato; transfer to a bowl with the milk and mash with a potato masher or fork until smooth.
- ☐ Add the mashed potato to the bean soup and stir until combined.
- ☐ Melt the butter in a large skillet over medium heat.
- ☐ Add the onion, celery, garlic and parsley and cook until the vegetables are translucent, 7 to 10 minutes.
- ☐ Add the vegetable mixture to the soup, reduce the heat to low and cook 1 hour, adding up to 2 more cups water if the soup is too thick. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:34.47, Glycemic Load:7.34, Inflammation Score:-8, Nutrition Score:25.256521898767%

Flavonoids

Apigenin: 4.18mg, Apigenin: 4.18mg, Apigenin: 4.18mg, Apigenin: 4.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 409.78kcal (20.49%), Fat: 13.77g (21.19%), Saturated Fat: 5.59g (34.97%), Carbohydrates: 45.82g (15.27%), Net Carbohydrates: 30.89g (11.23%), Sugar: 4.11g (4.56%), Cholesterol: 44.51mg (14.84%), Sodium: 884.08mg (38.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.76g (53.52%), Fiber: 14.94g (59.74%), Vitamin B1: 0.84mg (55.97%), Folate: 222.9µg (55.72%), Manganese: 0.94mg (47.16%), Phosphorus: 402.74mg (40.27%), Vitamin K: 35µg (33.34%), Vitamin B6: 0.66mg (33.21%), Potassium: 1105.24mg (31.58%), Magnesium: 126.23mg (31.56%), Copper: 0.58mg (29.19%), Selenium: 19.84µg (28.35%), Zinc: 3.65mg (24.35%), Iron: 4.19mg (23.3%), Vitamin B3: 4.33mg (21.67%), Vitamin B2: 0.27mg (15.68%), Calcium: 123.73mg (12.37%), Vitamin B5: 0.93mg (9.29%), Vitamin C: 6.9mg (8.36%), Vitamin B12: 0.45µg (7.52%), Vitamin A: 294.02IU (5.88%), Vitamin D: 0.62µg (4.11%), Vitamin E: 0.34mg (2.28%)