

Senate Bean Soup



Gluten Free



Dairy Free

READY IN



160 min.

SERVINGS



12

CALORIES



153 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 carrots chopped
- ☐ 2 stalks celery chopped
- ☐ 1 teaspoon garlic powder
- ☐ 6.3 cups cannellini beans dry
- ☐ 0.8 pound ham shank smoked
- ☐ 3 tablespoons ham base
- ☐ 1 onion chopped
- ☐ 12 servings salt and pepper to taste

☐ 12 cups water

Equipment

☐ bowl

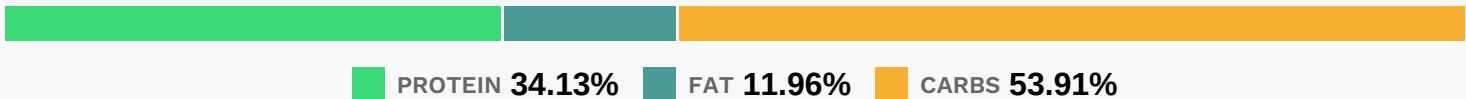
☐ sauce pan

☐ pot

Directions

- ☐ Put beans in a large bowl, add water to cover and soak overnight. In a large saucepan over medium heat, combine the ham shank and 4 cups water and simmer for about 45 minutes. When cool enough to handle, remove meat from bone and shred meat. Set bone and meat aside for later. (Note: reserve the stock, if desired, to replace the ham base.)
- ☐ Drain the beans. In an 8 quart pot over high heat, combine the beans, 12 cups fresh water and ham base. (Note: At this point, if desired, measure reserved stock from step 1, add water to total 12 cups liquid, and use this mixture to eliminate the ham base.)
- ☐ Add the onion, carrot, celery, garlic powder, ham, ham bone and salt and pepper to taste.
- ☐ Bring the mixture to a boil, reduce heat to medium, cover and simmer for 1 1/2 hours, or until beans are tender.
- ☐ Add additional water as needed. (Note: Soup should be thick enough to heavily coat a spoon.)

Nutrition Facts



Properties

Glycemic Index:9.24, Glycemic Load:0.39, Inflammation Score:-7, Nutrition Score:10.46913046487%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 153.34kcal (7.67%), Fat: 2.09g (3.22%), Saturated Fat: 0.71g (4.41%), Carbohydrates: 21.19g (7.06%), Net Carbohydrates: 14.31g (5.2%), Sugar: 0.75g (0.84%), Cholesterol: 15.9mg (5.3%), Sodium: 604.86mg (26.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.42g (26.84%), Fiber: 6.88g (27.52%), Manganese: 0.51mg (25.35%), Folate: 99.37µg (24.84%), Phosphorus: 233.15mg (23.31%), Vitamin A: 880.26IU (17.61%), Copper: 0.35mg (17.32%), Magnesium: 60.41mg (15.1%), Potassium: 497.01mg (14.2%), Iron: 2.43mg (13.49%), Vitamin B1: 0.18mg (11.86%), Zinc: 1.48mg (9.85%), Calcium: 79.65mg (7.96%), Vitamin B6: 0.15mg (7.45%), Selenium: 4.76µg (6.8%), Vitamin B3: 0.88mg (4.38%), Vitamin B2: 0.07mg (4.24%), Vitamin B5: 0.31mg (3.06%), Vitamin C: 2.39mg (2.89%), Vitamin K: 2.66µg (2.54%)