



**NEW EPISODES
MONDAYS
AT NOON EST**

"Beans Recipes" Navy Bean Soup

**1 pound navy beans
2 quarts boiling water
2 ham hocks or a meaty ham bone
1/2 cup chopped onion
1 cup chopped celery
Chopped ham or ham from the meaty bone
Salt/pepper to taste (I add a little seasoned salt along with regular)**

Have a little extra stock nearby to add to maintain proper consistency

Wash beans. Place in a large bowl and add boiling water. Let beans soak for a few hours. Simmer ham bone or ham hocks with the beans until beans are tender. Remove bones and chop ham. Add chopped onions and celery. Add water to make about 1 gallon. Add ham meat, salt and pepper to taste. Cook about 30 minutes longer.