

LONG-COOK HAM AND BEAN SOUP

2 cups dry navy, northern, or pinto beans
(pre-soak beans for several hours and
discard the water)
2 quarts water
4 ounces lean ham, shredded
1 small onion, diced
1 tsp salt
1 bay leaf
3 tbs Worcestershire sauce
3 large carrots, scrubbed and sliced thin

In a large stockpot, combine all ingredients except the carrots, and bring to a boil. Reduce heat to simmer. Cover and cook for 2 ½ hours or until beans are tender.

Add the carrots 30 minutes before the end of the cooking time.

SERVINGS: 8 – 1 cup each

CALORIES: 215

CARBOHYDRATES: 35 grams

FAT: 2 – 3 grams

EXCHANGES: 1 very lean meat, 1 vegetable, 1½ starch