

Navy Bean Soup

1 lbs Dried, Navy Beans

1 Meaty Ham Bone

Salt

Salt and pepper to taste

Rinse the beans and remove any rocks. In a large stock pot, cover beans with 2-3 inches of water and add 1-2 TBSP of SALT, cover and soak overnight in the refrigerator. Drain, DO NOT RINSE. Return to pot covering again with 2-3 inches of water, and add the ham bone. Bring to a boil, and simmer for about 3 hours until the meat falls off the bone and the beans had popped their skins and mostly turned to mush.

Serves: 6 to 8

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