

Great Northern Bean Soup

Rating: ★★ ★

Makes: 6 Servings

Great Northern beans are white beans that have a mild flavor.

Ingredients

- 2 cups** great northern beans (dry)
- 3 cups** water
- 1/2 cup** onion (chopped)
- 1/2 pound** chicken (thawed, cut up, and skin removed)
- 4 ounces** ham (chopped)
- 2 tablespoons** vegetable oil
- 8 cups** water
- 1 cup** tomatoes (diced, or 1/2 can, about 8 ounces, low-sodium diced tomatoes)
- 1 tablespoon** distilled white vinegar

Directions

1. In a medium-size bowl, soak beans in 3 cups of water overnight.
2. Drain the water and rinse beans.
3. In a large pot, brown onion, chicken, and ham in oil over medium to high heat for about 5 minutes.
4. Add water, beans, and salt to pot. Mix well.
5. Bring pot to a boil and cook for 5 minutes.
6. Lower heat and cook for about 1 hour. Stir pot every 15 minutes.
7. Add tomatoes and vinegar to pot. Keep cooking over low heat for about 20 minutes. Serve hot.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	327	
Total Fat	7.4 g	
Protein	25 g	
Carbohydrates	41 g	
Dietary Fiber	13 g	
Saturated Fat	1.2 g	
Sodium	260 mg	

Notes

Tip for cooking chicken: The recommended safe minimum internal temperature for chicken is 165 degrees F, as measured with a food thermometer.

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