

Swamp Soup

Makes: 12 or 48 Servings

12 Servings

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Ingredients	Weight	Measure	Weight	Measure
Dry navy beans or great Northern beans		1-3/4 cups		7 cups
OR, 15 oz canned navy beans or great Northern beans		4 cans		16 cans
Chicken or vegetable stock		1-1/2 cups		6 cups
Carrots, chopped		2 cups		8 cups
Onion, chopped		1 cup		4 cups
Celery, chopped		1 cup		4 cups
Garlic, clove, minced		1 tsp		4 tsp
Olive oil		1 Tbsp		1/4 cup

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	138	
Total Fat	2 g	
Protein	9 g	
Carbohydrates	NA	
Dietary Fiber	NA	
Saturated Fat	NA	
Sodium	220 mg	

Directions

1. If using dry beans, sort and rinse navy beans and soak in 4 cups of cold water at least 4 hours (until they double in size) or overnight. Drain. If using canned navy beans, drain and rinse.
2. Pour beans into a large slow cooker and cover with fresh water. Add chicken or vegetable stock to cover beans by an inch or more.
3. Peel carrots and onions. Finely dice carrots, onions, and celery. Set aside.
4. Add this mixture to the beans in the crock pot. Stir thoroughly.
5. Cook on medium or low power for 4 to 6 hours until beans are tender.

Notes

Serving Tips:

Make this soup in advance, refrigerate it, and reheat on the stove when ready to serve.