

Navy Bean with Ham Soup

Category: Starters:Soups
Master Ref:

Portion: 6 ounces

Calories	Carbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dtry	Calcium
128 kcal	20 gm	9 gm	2 gm	11 %	7 mg	520 mg	7 gm	51 mg

Step	Ingredients	85 Servings Amount	170 Servings Amount	340 Servings Amount
1	Beans,Navy,Dry	5 lb	10 lb	20 lb
2	Water	4 gal	8 gal	16 gal
	Carrots,Fresh,Chopped	3 lb	6 lb	12 lb
	Onions,Fresh,Chopped	1 lb	2 lb	4 lb
3	Pepper,Black,Ground,Durkee	1 tsp	2 tsp	1 tbsp 1 tsp
	Base,Ham,Paste	1/2 lb	1 lb	2 lb
4	Pork,Ham,Cured,Cubed	2-1/2 lb	5 lb	10 lb
5	Flour,All Purpose	3/4 cup	1-1/2 cup	3 cup
	Water	1/2 qt	1 qt	1/2 gal

- 1 Soak beans in water overnight.
- 2 Drain beans. Place carrots, onions and beans in cold water and simmer for approximately 1-1/2 hours until beans are tender.
- 3 Add pepper and ham base.
- 4 Ham should be diced 1/4" (can be chopped in Buffalo chopper, chunky). Add ham to soup the last 30 minutes.
- 5 Blend flour and water to a smooth paste. Stir into soup. Cook until bubbling. Add salt and additional pepper to taste.

NOTE: Soup will continue to thicken when sitting over heat. If ti becomes too thick, adda little water to obtain desired consistency.

Serving Temp: 180 degrees
Serving Pan: Soup Pot Insert
Serving Utensil: 4 oz. Ladle

Yield: Each 85 servings = 4 gal.

Navy Bean with Ham Soup

Nutrition Facts

Serving Size 6 ounces (247g)

Servings Per Container 1

Amount Per Serving

Calories 128 **Calories from Fat** 14

% Daily Value*

Total Fat 2g **2%**

Saturated Fat 0g **2%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 1g

Cholesterol 7mg **2%**

Sodium 520mg **22%**

Potassium 426mg **12%**

Total Carbohydrate 20g **7%**

Dietary Fiber 7g **28%**

Sugars 2g

Protein 9g **18%**

Vitamin A 54% ● Vitamin C 4%

Calcium 5% ● Iron 10%

Thiamin 21% ● Riboflavin 6%

Niacin 8% ● Vitamin B6 9%

Folacin 26% ● Vitamn B12 1%

Phosphorus 15% ● Zinc 9%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: **2,000** **2,500**

Total Fat Less than **65g** **80g**

Sat Fat Less than **20g** **25g**

Cholesterol Less than **300mg** **300mg**

Sodium Less than **2400mg** **2400mg**

Total Carbohydrate **300g** **375g**

Dietary Fiber **25g** **30g**

Calories per gram:

Fat 9 * **Carbohydrate** 4 * **Protein** 4