



# Great Northern Bean Soup

**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

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>327</b>
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	260 mg
Total Carbohydrate	41 g
Dietary Fiber	13 g
Total Sugars	3 g
Added Sugars included	N/A
<b>Protein</b>	<b>25 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

**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.

## Notes

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

**Source:** A Harvest of Recipes with USDA Foods