



early childhood community development centre

Easy Bean Soup with Ham

Ingredients

- 1 lb Great Northern Beans
- 8 cups cold water
- 1 medium onion
- 3 carrots, chopped
- 3 celery stalks, diced
- 2 cups cooked ham
- 1 bay leaf

Directions

1. In a large saucepan, add sufficient water to cover beans.
2. Cover and bring to a boil; reduce heat and cook for 5 minutes.
3. Remove from heat and allow to stand 1 hour.
4. Drain and discard liquid.
5. Return drained beans to saucepan add 4 cups water.
6. Bring to a boil: reduce heat and cook for 1 hour or until beans are tender. Drain.
7. In a large stockpot, stir together beans, 8 cups cold water, onion, carrots, celery, ham and bay leaf.
- 8/ Bring to a boil, reduce heat, cover and simmer for 1 ½ hours or until beans are soft. Discard bay leaf and serve

Source: Better Food for Kids by Joanne Saab, RD & Daina Kalnins, RD

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