

Nine Bean Soup Mix

1 pound each of dry:

Pinto Beans	Split Peas
Navy Beans	Lentils
Black Beans	Great Northern Beans
Black-Eyed Peas	Barley (not quick cooking)
Small Red Beans	

PREPARATION: Mix beans, peas and barley together in a large, clean bowl or bucket. Measure 2 cups into plastic zipper bags. Seal and store in a dark, cool place. **YIELD:** 9 2-cup packages soup mix

Nine Bean Soup

1 package Nine Bean Soup Mix	1 large onion, cleaned and chopped
8 cups cold water	1 clove garlic, minced or 1/2 teaspoon dry garlic
1/2 teaspoon salt	1 16-ounce can diced tomatoes
1 pound ham, diced (optional)	1 10-ounce can tomatoes and green chilies

PREPARATION: Soaking before cooking helps to soften and return moisture to dry-packaged beans, and reduces cooking time; it also makes beans easier to digest. Since beans will rehydrate to at least 2-3 times their dry size, be sure to start with a large enough pot. Add 10 cups of cold water for each pound of dry beans. Bring the water to boiling and simmer beans for 2-3 minutes. Remove from heat and cover the pot. Let stand; a 4-hour soak is ideal, but beans may be soaked for 1-24 hours. A longer soaking time (up to 4 hours) allows greater amount of gas-causing properties to dissolve in water and be more easily digested. Drain and rinse. Do not cook beans in soaking water

Sort and wash bean mix. Place in a Dutch oven, cover with cold water 2 inches above the beans, cover and soak overnight. Drain beans; add water, ham, onion, garlic and salt. Simmer until navy beans (smallest white bean) are tender, 1 ½ – 2 hours. Add tomatoes and tomatoes and chilies and simmer 30 minutes to blend flavors. Stir occasionally. Serve hot. **YIELD:** 8 – 10 cups, 8 servings

NUTRIENT INFORMATION PER SERVING: Nutrition Note: This recipe makes 8 servings. Each serving has 298 calories, with 4 g fat, 23 g protein, 45 g carbohydrates, 13 g fiber, 24 mg calcium, 6 mcg folate, 61 mg potassium, and 839 mg sodium.