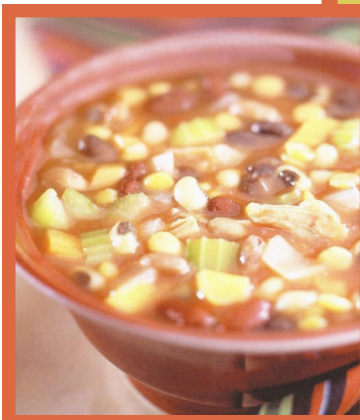


Try it “Tuesdays”



**Nutrition Information
per serving:**

Calories 346
Carbohydrate 50 g
Dietary Fiber 16 g
Protein 22 g
Total Fat 9 g
Saturated Fat 3 g
Trans Fat 0 g
Cholesterol 19 mg
Sodium 455 mg



Ingredients

1/2 cup each dried pink beans, dried lentils, dried black beans, yellow split peas, dried kidney beans, and dried blackeye peas
8 cups water
1 smoked ham hock (about 1/2 pound)
1 teaspoon each dried basil, dried rosemary, dried marjoram, and crushed red chilies
1/2 teaspoon each salt and ground black pepper
1 bay leaf
1 cup chopped onion
1/2 cup chopped carrots
1/2 cup chopped celery
2 (14 1/2 ounce) cans no salt added diced tomatoes, undrained
1 (8 ounce) can tomato sauce

Directions

Rinse dried pink beans, lentils, black beans, yellow split peas, kidney beans, and blackeye peas under cold running water. Place beans, lentils, and peas in a large bowl, then cover with water to 2 inches above the mixture. Cover and let stand 8 hours, then drain. Combine drained bean, lentil and pea mixture, water, and ham hock in a large pot; bring to a boil. Add spices, onion, carrots, celery, tomatoes, and tomato sauce. Cover, reduce heat, and simmer 2 hours. Uncover and cook 1 hour. Discard bay leaf. Remove ham hock from soup. Remove meat from bone; shred meat with 2 forks. Return meat to soup and serve.

Hearty Bean & Vegetable Soup

Makes: 8 (2 cups) servings
Preparation Time: 20 Minutes
(excludes soaking beans)
Cooking Time: 3 hours

For more information, Contact your local EFNEP office