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How Ya' Bean Soup

From Healthy Cooking the Anishinaabek Way

Makes 8 servings

Ingredients

- 4 cans Great Northern beans, rinsed and drained
- 2 Tbs olive oil
- 1 cup celery, chopped
- 1 cup onion, chopped
- 1 ½ cups carrots, sliced
- 8 cups water
- 1 tsp dried oregano
- 1 bay leaf
- 1 tsp garlic powder OR 2 cloves of garlic, minced
- ¼ tsp salt

Directions

1. Place rinsed, drained beans in large saucepan.
2. Sauté the onions and celery in the oil until soft. Add to beans.
3. Add carrots, water and spices to beans. Cover and bring to a boil.
4. Reduce heat and simmer for 1 ½ - 2 hours or until beans are tender. Stir once in a while during cooking. Add additional water if needed.
5. Taste and adjust seasonings, adding additional salt and pepper, if desired.

Nutrition per serving

Calories	275.05kcal	14%
Total Fat	4.8g	7%
Carbs	45.55g	18%
Sugars	2.73g	3%
Protein	15.2g	30%
Sodium	399.46mg	20%
Fiber	14.02g	50%

Percent Daily Values based on a 2,000 calorie diet.