

- Cream of Navy Bean Soup -

Ingredients:

1 c Dried Navy Beans
4 c Cold Water
2 Tbs Diced Onion
1 c Evaporated Milk
1/2 tsp Celery Salt
1 tsp Salt
Dash Pepper
2 Tbs Grated Carrot (optional)

Directions:

Wash beans, cover with water and let stand over night. In the morning Drain the beans and add them to a sauce pan along with the 4 c water and the diced onion, cover and simmer 1 1/2 to 2 hours until the beans are soft.

Remove from heat and blend to desired consistency. Add milk, celery salt, salt, pepper and carrot. Reheat on the stove. Serve hot. 5 servings.

Shana's Tips:

You can replace the dried beans with 2 cans of beans. Simply, drain and rinse the and add them to the sauce pan along with the 4 c water and dice onion, cover and simmer 1/2 hour then proceed as normal.

A sprinkle of parsley when serving will give this soup a beautiful presentation.

(This is a vintage recipe from "The Modern Family Cook Book" by Meta Given, 1953)