Navy Bean Soup

Makes 4 servings

Ingredients:

2 cups dried navy beans (or another white bean)

¼ teaspoon black pepper

4 peppercorns

1 clove garlic, minced

1 bay leaf

2 dried cloves

1 teaspoon olive oil

1 finely chopped medium onion

1 finely chopped medium green pepper

½ cup finely chopped carrots

1 (8-ounce) can no-salt-added tomato sauce

1 teaspoon fresh parsley

Sort and wash beans. Place in saucepan. Cover water 2 inches above the beans. Let soak overnight.

Drain beans. Put into large crockpot. Cover with three cups of water. Add black pepper, peppercorns, garlic, bay leaf, and cloves. Stir well.

In skillet, saute onion, green pepper, and carrots in oil until tender. Add to bean mixture. Cook on low heat in crockpot for 10-12 hours.

During the last hour of cooking, add the tomato sauce and parsley to the soup. Stir well. Continue cooking.