



## Navy Bean & Fresh Veggie Soup

This is a good choice for Vegans. It is simple but a bit time consuming, yet oh so worth it, as you'll have a luscious hardy soup you can freeze for future **QUICK** meals. Use whatever veggie you have on hand. This just happened to be what I picked up at the Farmers market.

Choose the seasonings you like best after all it is YOUR soup. This is an excellent choice for diabetics too as it contains no oil or animal protein, therefore it will not convert the sugars and starches in the beans into stored fat and will be more easily digested.

### 2 Cups DRY Navy Beans

Presoak using this quick method. Rinse beans and remove any imperfections. Place in large stockpot and add 6-8 cups cold water. *Remember* why we don't want to use hot water? See page 13 in our **Cooking with Judy** for the answer. NO salt is needed until later in the preparation process. Cover, bring to a boil, turn off the heat and soak for one hour, while preparing the veggies.

Sauté until tender in **one** can **LOW SODIUM** V-8 or tomato juice.

- 1 sweet onion, sliced or diced - your choice
- 1 bell pepper, any color, diced
- 3-4 stalks celery, diced
- Pinch CG pepper, (see abbreviations, page 3)

#### Add:

- 1 zucchini, washed and ends removed, diced
- 1 yellow summer squash, washed and ends removed, diced
- 1 bay leaf
- 1 T fresh lemon thyme
- 1 T fresh hot & spicy or regular oregano
- 3 T fresh minced flat leaf Italian parsley

**NO** salt is needed because of the juice. You may add more juice as needed to keep moist. When tender add the remaining juice plus 1 C cold water or enough to cover veggies.

Cover and simmer until tender. The veggies should create their own moisture but feel free to add more cold water anytime you desire. This will be a thick soup but you sure don't want it to be dry. Once tender, remove the bay leaf. You may want to refrigerate IF your beans need to cook more than one hour. Remember -- allow all cooked foods to cool to the touch BEFORE you refrigerate. Bacteria can still grow in hot food placed in the fridge.

When the beans have soaked in the boiling water for one hour, drain, rinse. Return the beans to the stockpot after you rinse the pot of any residue. Cover with cold water, add a bay leaf, bring to a boil, reduce heat and simmer 1 ½ - 2 hrs or until tender. Again, this soup will be thick but you don't want your beans to boil dry. Check them periodically and add cold water as needed. Once tender, remove the bay leaf and add your previously cooked veggies.

Check taste for seasonings and add salt if needed and maybe just a **little** dash of cayenne pepper to give it a **little** kick. This really is another one of those ONE Bowl Wonders. You won't need another thing but a big spoon. Leftovers freeze really well.