

Betty's Southern Living White Bean Soup Recipe



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In this video, Betty demonstrates how to make her White Bean Soup, a recipe that she submitted to Southern Living Magazine in 1990 and got published. It is a hearty, filling bean soup, but quick and extremely easy!

Ingredients:

- 1 can navy beans (approximately 16 oz.)
- 1 can northern white beans (approximately 16 oz.)
- 1 cup water
- 1/2 stick butter or margarine
- 1/4 cup chopped onion
- 1 carrot, chopped
- 1 5 oz. can tender chunk ham, flaked with a fork (I used Hormel.)

Place the can of navy beans and the can of great northern beans in a medium to large pot. Add 1 cup of water and blend well. Now, take a potato masher (or fork or spoon) and mash the bean and water mixture until it is mushy. Place it over low heat on the stove top. Next melt 1/2 stick of butter in a small to medium skillet. Add 1/4 cup chopped onion and 1 chopped carrot to the melted margarine. Place the skillet on the stove top and saute until the onion is clear. Combine the sauteed onion and carrot with the bean mixture. Add a 5 oz. can of tender chunk ham. Cook over low heat for 10 minutes. Serve with Betty's Very Southern Cornbread Sticks or Cornbread. This is great on a cold day--very warm and filling!