



HIGH FIVE RECIPES

Smoky White Bean and Ham Soup

**Serves 4 to 6. Prep time: 10 minutes active;
6 hours, 10 minutes total.**

The High Five

1 cup dried navy beans
1 ham hock or smoked turkey leg
1 large carrot, chopped
1 medium onion, chopped
1 bunch collard greens, chopped

Pantry and Kitchen Items

4 cups water
½ teaspoon salt

Preparation

Combine the beans, water, ham hock or turkey leg, carrot and onion in a slow cooker. Cover and set on low heat for 6 hours.

At 6 hours, add the collard greens and salt and cover again for 30 minutes longer. The beans will be very tender and the greens meltingly soft.

Serve warm or let cool before transferring to containers to refrigerate or freeze

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Ingredient checklist

PRODUCE

- Carrot
- Onion
- Collard Greens

BULK

- Navy beans

MEAT/SEAFOOD

- Ham hock/turkey leg

SPICES/SEASONING

- Salt

Serving suggestion

Serve with a spinach salad and a slice of crusty whole wheat bread, for lunch or dinner.

Nutritional information per serving

530 calories	44 g. carbohydrate
25 g. fat	17 g. fiber
75 mg. cholesterol	33 g. protein
410 mg. sodium	

The nutritional values and information provided are approximations.

