

HAM AND BEAN SOUP

Serves 8 (about 1 1/3 cup each)

1 (12 oz.) package variety dried seven-bean mix
Cooking spray
1 cup chopped onion (1 medium)
4 cups, fat-free, less-sodium chicken broth
3 garlic cloves, minced
1 cup chopped carrot (about 2)
1 cup chopped celery (3 ribs)
1 cup chopped green bell pepper
1 cup chopped red bell pepper
1/4 cup chopped fresh flat-leaf parsley
2 Tablespoons chopped fresh basil
1 Tablespoon chopped fresh oregano
1 Tablespoon chopped fresh thyme
3/4 teaspoon Kosher salt
1/2 teaspoon freshly ground black pepper
1 smoked ham hock (about 4 oz.)
1 bay leaf
1 Tablespoon fresh lemon juice

Sort and wash beans; place in a large Dutch oven; cover with water to 2" above beans; cover and let stand 8 hours; drain beans.

Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray; add onion and garlic to pan; sauté 3 minutes. Add beans, broth, and remaining ingredients except lemon juice; bring to a boil. Cover, reduce heat, and simmer 2 1/2 hours. Remove ham hock from pan; cool slightly. Remove ham from bones, finely chop and return meat to pan. Discard bones, skin, and fat. Discard bay leaf. Stir in lemon juice.

Nutritional Information (per serving)

Calories	231
Total Fat	4.5 g
Saturated Fat	1.4 g
Monounsaturated Fat	1.7 g
Polyunsaturated Fat	0.8 g
Cholesterol	15 mg
Sodium	478 mg
Total Carbohydrates	33.8 g
Fiber	10.9 g
Sugar	
NET Carbohydrates	22.9 g
Protein	15.6 g