

Navy Bean and Ham Soup

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 35 minutes

Serves: 8

CChints: This is a very healthy soup. It has more than 10 grams of fiber, less than 6 grams of fat and more than 17 g protein.



- 1 tablespoon olive oil
- 1 cup sliced green onions, green & white parts
- 3/4 pound chopped cooked ham
- 1/2 cup green bell pepper, diced
- 2 cups frozen corn, thawed
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon cumin
- 1-1/2 teaspoons fresh rosemary, diced
- 2 – 15 ounce cans navy beans, rinsed and drained
- 1/2 cup whole grain or brown rice
- 49 ounce can fat-free, reduced sodium chicken broth
- 1 box cornbread mix (make according to package directions)

In large soup pot or Dutch oven over medium, heat the oil. Add in the onions and ham, stir often for 3 minutes. Stir in the corn and all the other ingredients. Cover and turn the heat up slightly, just to bring it to a boil. When it does boil, turn the heat down to a simmer and cook for 30 minutes. This time is needed to allow the flavors to blend and to cook the rice. The longer this soup cooks, the better it will be. Stir occasionally.

Use this time to make the cornbread according to package directions. If you like your cornbread a little sweeter just add 1/2 teaspoon sugar before baking. You'll have time to clean up the kitchen and set the table. Store any leftovers in an airtight container in the refrigerator for up to 5 days.