

Delicaé Gourmet Product Information

Tarpon Springs, Florida 34688

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48341 U.S. Senate Bean Soup

This creamy delicious bean soup has the distinction of being served daily in the U. S. Senate dining room for over 100 years.

Just add Meat and Broth.

Ingredients: Navy Beans, Dehydrated Vegetables (Potatoes, Carrots, Onion, Celery), Garlic, Thyme, Rosemary, Parsley and Black Pepper.

Ingredients needed

(5-6 quart slow cooker)

- 1 meaty ham bone or 2 smoked ham hocks or 1 smoked turkey leg
- 4 cups of low sodium chicken broth
- 4 cups of water
- 1 cup of white table wine (optional) **Do not use cooking wine.**

Cooking Instructions

1. Place the meat in the bottom of the slow cooker. (If desired first remove any skin.)
2. Rinse and sort the beans then layer around the meat.
3. Layer the contents of the potato, mixed vegetable and spice packets over the beans.
4. Slowly pour the chicken broth and water (add wine if desired) over the ingredients. **Do not stir.**
5. Cover and cook on high for 5 to 6 hours or low for 9 to 10 hours.
6. Using a slotted spoon remove the meat and bones to a cutting board. Set aside to cool.
7. Dice the meat into ½-inch pieces and reserve. Discard the bones.
8. In small batches, pureé in your blender ½ of the contents of the slow cooker and return to the pot. This thickens the broth.
9. Return the diced meat to the soup.
10. Salt to taste.

Serving Suggestions

Garnish with minced parsley or chives.

Top with sour cream before serving.

Serve with a tossed green salad.

Stove Top Cooking Instructions: (For those without a slow cooker.)

1. Place Navy beans in a large bowl with 4 cups of water, and let soak for 6 or more hours.
2. Rinse beans and place in a 4 to 6 quart stock pot with broth and water.
3. Add ham hocks or ham bones. Cook uncovered on low for one hour.
4. Add contents of potato, vegetable, and spice packets, and lower heat to simmer, cover and let cook 2 to 3 hours, stirring often.
5. Carefully remove meat and bones to a cutting board, and let cool. Discard the bones.
6. Dice meat into ½ inch pieces and return to pot.
7. Add salt and pepper if needed and serve.

Nutrition Facts

Serving Size As Packaged 1.9 oz. (54g)

As Prepared 12 oz (339g)

Servings Per Container 8

Amount Per Serving	As Packaged	As Prepared	
Calories	190	220	
Calories from Fat	5	20	
% Daily Value**			
Total Fat 1g*	2%	3%	
Saturated Fat 0g	0%	0%	
Trans Fat 0g			
Cholesterol 0mg	0%	5%	
Sodium 40mg	2%	19%	
Total Carbohydrate 38g	13%	13%	
Dietary Fiber 8g	32%	32%	
Sugars 5g			
Protein 9g			
Vitamin A	130%	130%	
Vitamin C	10%	10%	
Calcium	10%	10%	
Iron	15%	15%	
<small>* Amount in Mix. As prepared, one serving provides 2g total fat (0 saturated fat), 15mg cholesterol, 460mg sodium, 38g carbohydrate (8g fiber, 6g sugar) and 13g protein.</small>			
<small>**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	* Carbohydrate	4 * Protein 4