

## Mom's BEAN SOUP

1 or 2 - Ham Bones with some meat attached from previous meal  
Navy Beans – canned is easier and doesn't take as long to simmer OR use raw Navy Beans and soaked over night  
2 carrots finely chopped  
2 celery stalks chopped  
1 onion chopped  
Parsley flakes  
4 cloves of garlic  
salt and pepper to taste  
Water – enough to make soup

If using the raw beans soaked overnight....simmer everything in water until beans are tender. (4 or 5 hours) If you are using canned beans you can shortcut the time a bit. When everything is very tender, remove bone and fat. You can eat immediately or let it sit a few hours to improve flavor. Reheat and serve.