

BEAN SOUP

The following makes 11 pint jars (22 cups):

You will need 1 lb. each of the following dried beans:

red kidneys
black beans
black-eye peas
chick peas (garbanzo's)
red lentils
brown lentils
yellow split peas
green split peas
pinto's

Thoroughly mix and put 2 cups into each pint jar.
Seal in oven by dry canning method (see "Dry Canning").

Each pint jar will make a recipe of soup.

Mix 2 cups dried beans (from 1 pint jar) and 1 quart water in large pot. Boil 2 minutes, then take off burner and let soak 1 hour, then drain off water.

In separate pan fryer, fry $\frac{1}{4}$ lb. bacon, drain.
Saute' 1 carrot, onion, clove of garlic.

Add to bean pot with fresh quart water. Bring to boil again, then reduce to medium-low and cook $1\frac{1}{2}$ hours.
Add salt and pepper to taste.

Makes 8 cups soup. Serve with grilled cheese for a complete protein meal.

Note: Check periodically while cooking, may need to add more water.