

Michigan Navy Bean Slow Cooker Recipe

Ingredients needed:

- ★ Michigan Navy Bean Soup Mix and seasoning blend packet
- ★ 10 cups water
- ★ 1 pound of meat from list below*
 - ham – chopped
 - ham hocks - approx. 2 pieces
 - ham bone
 - smoked sausage - chopped
 - Kielbasa/ Polish sausage – chopped
 - bacon, uncooked - chopped
 - chicken - may add pieces with skin and bones intact, just be sure to remove chicken after a period of cooking time and remove skin and bones; return meat to soup



* This soup may be made without the addition of any meat.

** The addition of salt is optional, according to taste after cooking.

*** The addition of 1 Tablespoon of sugar is optional. If desired, add while cooking.

Directions:

Sort out any foreign substances (i.e., small pebbles, dirt, bad beans) from beans and rinse beans thoroughly with clean water before using to assure maximum natural wholesomeness. Place beans in 6-quart slow cooker add 10 cups fresh water, seasoning blend packet and meat (and sugar) if desired. Place lid on slow cooker and cook on low for 12 hours or cook on high for 6 hours. At end of cooking time, remove lid from slow cooker and cook on high for an additional 30 minutes. If using a meat choice that has bones, transfer all meat to a plate, remove and discard skin, bones, fat, etc. Cut meat into bite-size pieces and return meat to soup. *Please note:* this soup is intended to be thin and somewhat “brothy.--” Cooked soup may be frozen. The addition of salt for seasoning is optional. Delicious served with corn bread.



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