

**Navy Bean & Ham Soup for Canning** By Gail Flaatten Bicknell on Sunday, July 28, 2013 at 11:40am

8 cups dried navy beans (aka small white beans)

1 ½ gallons water

2 T salt

2lbs ham meat cut in bite size pieces

1 large onion, chopped

2 cans diced tomatoes

1 cup molasses

1/3 cup brown sugar

1t pepper extra water, as needed salt to taste

Begin by cooking the beans. Put the 8 cups of dried beans in a large stock pot (I used a 14 quart pot) and add water and 2 tablespoons of salt. Bring to a boil, reduce heat and cover. Cook for 2 hours. When beans are done cooking add the ham, diced tomatoes, molasses, Sucanat or brown sugar, and pepper. At this point you may need to add more water to make sure you have plenty of soup broth. I added another 3 to 4 cups of water. Bring to a boil let it cook for a few minutes to blend flavors. Taste and add salt if it needs it. Fill hot quart jars with hot soup leaving 1 inch of head space. Put lids and rings on. Place in canner. Can soup (quarts) for 90 minutes at 10 lbs. of pressure and pint jars for 75 minutes at 10lbs of pressure (if you live at higher elevations be sure to check what pressure you need