

# Helen's Bean Soup

This recipe is from a local restaurant!

Flavors of the South

Serves: 6



## Ingredients

2 cups navy beans  
4 chopped onions  
½ cup olive oil  
½ cup chopped green bell pepper  
3 ribs cut up celery  
1 clove garlic  
½ cup tomato paste  
1 teaspoon sage  
black pepper  
salt  
water

## Cooking Method

Soak beans overnight. Drain.

Sauté onions in oil.

Place all ingredients in crockpot with "enough" water (at least 2" above beans) and cook 4 hrs. on high.

Puree in food processor if desired.