

Recipe Name:

Resources used for Crediting
S.B.G. _____

Component Contribution
X _____ Meat/Alt _____ Vegetable/Fruit
_____ Grain/Bread

<u>1/2 cup</u> Portion Size	<u>3-5 year old</u> Age Group
--------------------------------	----------------------------------

Ingredient	Form (whole, chopped)	7 quarts Recipe Yield	
		Weight	Measure
Navy Beans	Dry	4 lb	
Turkey Ham	Diced	2 lb	
Chicken Broth			3 qts
Onion	Diced		2.5 cup
Carrots	Diced		3 cup
Salt			1 Tsp
Pepper			1 Tsp

Directions:

1. Soak Beans overnight in the refrigerator
2. Rinse beans and place in large pot
3. Add chicken Broth, onions, carrots
4. Bring to boil, reduce heat and simmer about 2 hours
5. Add diced Turkey Ham and continue to simmer until beans are tender. Total time is about 2.5 hours.
6. Add salt and pepper to taste