



Green Bean and Ham Soup

4 cups fresh green beans, trimmed and cut into 1-inch pieces	3 whole carrots, peeled and sliced	¼ teaspoon black pepper
3 cups russet potatoes, unpeeled and cubed	1 pound fully cooked ham, cut into bite-sized pieces	1 teaspoon garlic powder
2 small onions, thinly sliced	9 cups water	1 cup half and half
	1 teaspoon salt	2 tablespoons corn starch
		¼ cup cold water

Place green beans, potatoes, onions, carrots, ham and the nine cups water into a large soup pot; **cover** and bring to a **boil**. **Reduce** heat to medium and **simmer**, uncovered, about 45 minutes or until the vegetables are tender. **Remove** the pot from the heat and **add** the salt, black pepper, garlic powder and half and half. **Return** to heat and bring to a **simmer** again. **Combine** corn starch and

the ¼ cup cold water in a small bowl. When simmer begins, **combine** the corn starch mixture into the soup and stir well. Allow the soup to remain on the heat for 5-7 more minutes while it thickens.

Yield: 12, 1 cup servings

Nutritional Analysis: 140 calories, 4.5 g fat, 2 g saturated fat, 25 mg cholesterol, 670 mg sodium, 14 g carbohydrate, 3 g fiber, 3 g sugar, 10 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

<http://plateitup.ca.uky.edu>

Kentucky Green Beans

SEASON: June to September

NUTRITION FACTS: One-half cup of unseasoned green beans has 15 calories, is low in fat and sodium and provides fiber, vitamin A and potassium.

SELECTION: Choose slender, firm, smooth, crisp beans with slightly velvet-like pods with a bright, green color. Bean pods should be free of blemishes and have small seeds.

STORAGE: Beans can be stored unwashed in plastic bags in the refrigerator crisper for 3 to 5 days. Wash just before preparation.

Source: www.fruitsandveggiesmatter.gov

PREPARATION: Wash and remove stems and strings. Cook by steaming in a small amount of water until tender-crisp, about 5 to 8 minutes. They can also be cooked directly in soups or stews. Green beans go well with seasonings such as chives, dill, marjoram, mint oregano, thyme, lemon, mustard or onion.

KENTUCKY GREEN BEANS

Kentucky Proud Project

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