



Navy Bean Soup with Fire Roasted Tomatoes

This hearty soup is deliciously satisfying and packed with fiber and plant-based protein. Try serving with non-GMO cornbread!

Ingredients

2 cups dried, small white navy beans, sorted and debris discarded
water for soaking

6 cups water for cooking

1/3 cup hullless organic barley

2 cloves minced garlic cloves

1 large onion, chopped

1 (14 oz.) can Hunt's Fire Roasted Diced Tomatoes

1 teaspoon seasoning of your choice

1 teaspoon (or less) fine sea salt

Instructions

Place dried beans in a large pot, cover with cool water and soak overnight. Or, use the following quick soak method: rinse beans in cold water, place them in a large pot and cover with about 3 inches of cold water. Bring beans almost to a boil, cover, and remove from heat. Let sit for 1 hour. Drain soaking water.

Place drained, soaked beans in a large pot with six cups fresh water. Bring beans, barley, garlic, and onion to a boil. Reduce heat and simmer until beans are soft, 1-2 hours depending upon the freshness of the beans. Stir in Hunt's Fire Roasted diced Tomatoes, seasoning of your choice and salt to taste. Serve hot!



