

Navy Bean Soup (no onion/garlic)

No. of people: 50 - 60

Navy Beans	2 quarts	
Water	3 ½ gallons	
Olive Oil	½ cups	
Carrots, Celery, diced	3 qts of each	
Dry Basil, Thyme, Marjoram, Oregano, Dill Weed, Dill Seed		¼ cup of each
Bay leaves, average size	4	
<u>DICED</u> Tomatoes	1 large can	
Tamari	¾ cup	
Apple Cider Vinegar	¼ cup	
Salt	¼ cup	
Black Pepper, ground	1 ½ Tbsp	
Chopped Fresh Parsley	1 bunch	

Directions:

1. **The day before**, rinse the beans with cold water in a colander. Scan them for pebbles or blackened beans. Divide them between the two largest, tall, stainless steel pots. Add the water dividing it evenly between the pots. Let soak overnight.
2. **Next morning at by 6AM**, place pots on stove and bring to boil. Once boiling, lower the heat, cover and simmer for 2 hours. Add more water if necessary. They should always be covered with water.
3. At 9AM set up the large rondo (the big, round pot with short sides) on the candy stove. Put in the olive oil and add the carrots and celery and sauté on medium-low heat stirring often until slightly soft.
4. Now add the dry herbs and bay leaves and sauté for a few more minutes.
4. Divide the veggies between the two pots with the beans. Add a can of Diced (not “crushed”) tomatoes to each pot. Add more water to make it soup consistency. Bring the soup back to a boil then simmer and cook gently. Remember to stir often with the wooden paddle scraping the bottom to prevent scorching.
5. When the soup is done (the beans are beginning to fall apart and veggies are soft), divide equally the tamari, apple cider vinegar, salt and pepper and add to each pot.
6. Taste for seasoning and adjust. Add more water if the soup is too dense. It should be like a hearty soup, not a bean stew.

7. Serve. Garnish all soup with fresh chopped parsley if available.