



# 2 ways to make navy bean soup — hot or cold

Before I knew beans about beans, I was hot and cold on the subject. That's because:

When I was a kid, my dad made a soup with great northern beans, refrigerated it overnight, sprinkled on some black pepper and squeezed a little lemon over it. I really loved that soup.

When I was in the Army, I ate cold beans out of a can many times on maneuvers in West Germany, rain often dripping from my helmet. I hated that, and for many years wouldn't eat beans cold, soupy or not.

I didn't know what I was missing. Sure, I still love hot bean soup. But I have found my way back to the cold.

Since I'm older, I eat many things that are good for me that I once turned up my spoon at. Beans are loaded with nutrition: calcium, iron, niacin, phosphorus, protein, thiamin and zinc.

MICHIGAN RAISES most of the crop produced in a dozen states, from the red kidney beans to the white navy beans. In fact, Michigan accounts for about 95 percent of the total navy bean crop.

All varieties of dried beans are among the most economical staples around.

You can refrigerate bean soup about a week, but freeze it up to six months. I prepared a large pot of navy bean soup and set aside half of it for the cold soup base. Four of us enjoyed the hot soup.

Then I went to work and prepared the cold soup base. It's simple. Just place it in the freezer and forget about it.

I forgot about it for four weeks.

**HOT NAVY BEAN SOUP**  
2 cups dried navy beans, soaked overnight and drained  
5 cups water  
2 medium onions, coarsely chopped

der hot, adding salt and black pepper if desired. Serves 4.

**COLD NAVY BEAN SOUP**  
Half of cooked navy bean mixture, cooled  
1/4 cup cooking liquid

3 Tbsp. margarine, cut in bits  
1/4 tsp. salt  
1/4 tsp. black pepper  
1 1/2 cups chicken broth  
1/4 cup light cream  
2 Tbsp. chopped parsley

1/4 tsp. dried marjoram  
1/4 tsp. ground nutmeg  
Puree bean mixture in blender or food processor a little at a time, gradually adding cooking liquid. Stir in margarine, salt and pepper; place in airtight container and freeze. When ready to use, defrost and pour soup base into large bowl. Stir in broth, remaining ingredients and adjust salt and pepper seasoning to taste; cover and chill. Serves 4.

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