

## **U.S. SENATE NAVY BEAN SOUP**

courtesy of Ana Bessellieu

Recipe from a Senate cookbook circa 1960s

**Makes 2 quarts, serving 6 to 8 (can easily be divided in half)**

**1 pound dry navy beans, soaked overnight (or quick soaked, but better results with overnight soaking)**

**1 meaty ham bone or 2 smoked ham hocks (2 lbs; # of hocks not as important as weight)**

**3 quarts water**

**2 med onions or 3 sm onions, finely chopped (about ½ lb)**

**3 cloves garlic, finely chopped**

**4 stalks celery, with leaves, finely chopped (about 1 ½ cups)**

**¼ cup parsley, finely chopped**

**1 cup cooked mashed potatoes (6 - 8 oz raw potato gives this much cooked and mashed)**

**salt and pepper to taste**

**Optional garnish: minced parsley or chives**

**Strain the water from the soaked beans and put in a big pot with 3 quarts of water and the ham bone or ham hocks.**

**Bring to a boil, then reduce heat and simmer for 2 hours.**

**Stir the chopped vegetables, herbs and mashed potatoes into the pot, and cook over low heat for another hour or until the beans are nicely tender.**

**Remove the ham bone or ham hocks from the pot - cut off the meat into small bits and return the meat to the pot, discarding the bones, skin and fat.**

**When ready to serve, ladle into bowls and garnish with pinches of herbs.**

**For "U.S. House of Representative Bean Soup" authenticity, omit the mashed potatoes and crush a few of the beans in each bowl to thicken the broth and make it slightly opaque.**