



## Ultimate Great Northern beans

This months recipe is a perfect one pot meal that should be cooked over open fire and shared around a campfire.

Prep time: **20 Min.** Cook time: **11 hours.** Yields: **8 servings**



### Ingredients

- 16 ounces** Great northern beans
- 30 ounces** Chicken broth (canned)
- 15 ounces** Diced tomatoes with green chilies (Ro-tel)
- 1 large** White onion, chopped
- 1 tablespoon** cooking oil
- 6 ounces** Smoked pork jowl, cut into chunks
- 3/4 teaspoon** Salt
- 1 teaspoon** Black pepper
- 48 ounces** Water

Serve with: corn bread, fried potatoes, eggs and biscuits.

### Directions

Soak the beans in cold water overnight. Make sure to add twice as much water (Beans will swell).

Heat oil in a large cooking pot, add the smoked pork jowl pieces. Allow them to cook over medium heat for 5 to 6 minutes, Stirring occasionally. After they brown, deglaze the pot with 4 ounces of chicken broth.

Add onions and allow to simmer until tender, stirring often.

After rinsing and draining the soaking beans in fresh water one final time. Add the beans and final ingredients along with the remaining water and chicken broth to the pot.

Cover and boil over low heat until beans are tender, stirring occasionally (about 2-3 hour)

You could always substitute the pork jowl for either ham, bacon or for a healthier approach ham flavored seasoning.

## Nutrition Facts

8 servings per container

Serving size **8 servings (429g)**

Amount Per Serving

**Calories** **410**

% Daily Value\*

Total Fat 20g **26%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 1000mg **43%**

Total Carbohydrate 41g **15%**

Dietary Fiber 13g **46%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 17g **34%**

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.