

### NAVY BEAN SOUP

1 cup dry navy beans, soaked (using quick or overnight method) and rinsed.

1 teaspoon good quality salt (more or less to taste)

2 Tablespoons butter

1 cup evaporated milk (optional)

Cover soaked navy beans with water, and simmer gently, partially covered for 90-120 minutes or until very tender. Add salt, butter and enough milk to reach desired consistency.

Variation: You can add some onion or onion powder, if desired.

This is a very simple and nourishing soup.