



HAAM Bean Soup PROJECT

The HAAM Bean Soup project is a wonderful project that can be completed off-site as a group or as an individual. Use your imagination on how to package the beans, whether you are creative or want to just bag them in a quart size Ziplock. Please be sure to include the instruction card in each package. Below are some ideas for packaging the beans.



Ingredients:

- 1 pound navy beans
- 1 pound great Northern beans
- 1 pound pinto beans
- 1 pound red beans
- 1 pound dried soybeans
- 1 pound yellow split peas
- 1 pound green split peas
- 1 pound black-eyed peas
- 1 pound dried lentils
- 1 pound dried lima beans
- 1 pound dried baby lima beans
- 1 pound pearl barley

Preparation:

1. Combine all beans in a large pan or bowl.
2. Measure out 2-cups of beans and package in quart size Ziplock bag. Don't forget to include recipe and cooking instructions. Seal tightly.

Yield: 20 packages (about 2 cups each)

Bean packages can be dropped off at the HAAM Food Pantry Monday-Friday 10:00 a.m. -2:00 p.m.

Questions: Call 281-446-3663

Volunteer Opportunities/group projects contact Vicki Garcia, Volunteer Coordinator x 120

Food Pantry drop off arrangements: Jane Christensen, Food Pantry Coordinator x 115



HAAM Bean Soup Recipe Instructions

Cook Time: 2 hours, 15 minutes

Ingredients:

1 package (2 cups) bean soup mix	1 large onion, chopped
2 quarts water	1/4 teaspoon chili powder
1 ham hock	1 pint tomatoes
1-1/4 teaspoons salt	1 clove garlic, minced
1/2 teaspoon pepper	3 Tablespoons lemon juice

Instructions:

Wash the soup mix and place in a large pot. Cover with water and soak overnight.

Drain the beans and add the water, ham hock, salt, and pepper. Cover and bring to a boil. Reduce heat and simmer 1-1/2 hours until the beans are tender. Add onions, chili powder, tomatoes, garlic, and lemon juice. Simmer 30 minutes more, stirring occasionally. Remove ham hock from the soup, Take the meat from the bone, chop the meat and return it to the soup.

Serving Ideas: Serve with homemade bread.



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