Harvest Beans and Lentils

**INGREDIENTS:**
1 gal Water
1 lb. Pork Neck Bones
4 Tbsp + 1 tsp Salt
20 oz. Dry Beans & Lentils of your choice.
May include -
2 oz. Garbanzo Beans
3 oz. Navy Beans
3 oz. Butter Beans
4 oz. Lentils
3 oz. Red Beans
2 oz. Lima Beans
8 oz. Carrots, Finely chopped
8 oz. Onions, Finely diced
4 oz. Celery, Finely chopped
1 tsp Thyme
1 tsp Garlic, Minced
½ tsp Basil
½ tsp Bay Leaf
Dash Cayenne Pepper
Fresh Parsley, Chopped

NOTE: May use ham hocks in place of pork neck bones which increase the sodium.

**METHOD OF PREPARATION:**

1. Soak beans and lentils overnight.
2. Roast pork neck bones at 350°F for 15 minutes.
3. Place one gallon of cold water in pot with roasted pork neck bones.
4. Simmer for 1 hour. Do not boil.
5. Skim the surface of pot and remove bones.
6. Add the rest of ingredients.
7. Let simmer on low heat for 1 hour.
8. Remove from heat.

**NOTE:** To serve with Roasted Port Loin spoon Beans & Lentils on a platter or nice baking dish and arrange slices of Pork Loin on top of mixture. Garnish with chopped parsley.

**SERVES:** 12 – 8 oz. portions

**NUTRITION:** 160 Calories, 1 g Fat, 0 g Saturated Fat, 0 g Trans Fat, 0 mg Cholesterol, 260 mg Sodium, 29 g Carbohydrate, 9 g Dietary Fiber, 10 g Protein

**ALLERGENS:** None