

## **Navy Bean Soup**

Submitted by Mary Longshore

### **Ingredients:**

#### **Part 1:**

1 Lb. Navy or Northern Beans-soaked overnight and drained (I used Navy)  
1 large onion, chopped  
2 or 3 carrots, grated or sliced  
6 or 7 ribs of celery, chopped  
2 bay leaves  
3 tbs. oil  
3 quarts water – (I use Vegetable Broth or Veg. Bouillon if I have it)

#### **Part 2:**

2 Tbs. Red wine vinegar  
Tomato sauce to taste (small can or use tomato paste)  
Salt and pepper to taste.

### **Directions:**

In large pot, sauté onions and celery in the oil, then add beans, bay leaves and water. Cook until beans are soft and the juice is getting thick. *Then* add the red wine vinegar, tomato sauce and salt and pepper to taste. Simmer until the soup is the consistency wanted.

*Those pursuing the spiritual way should train themselves to hate all uncontrolled desires until this hatred becomes habitual. With regard to self-control in eating, we must never feel loathing for any kind of food, for to do so is abominable and utterly demonic. It is emphatically not because any kind of food is bad in itself that we refrain from it. But by not eating too much or too richly we can to some extent keep in check the excitable parts of our body. In addition we can give to the poor what remains over, for this is the mark of sincere love.*

*St. Diadochos of Photiki*