

Brothy Navy Beans

Catherine Brown, plant-based chef & culinary Nutritionist at [A Seat at My Table](#)



Total Time: up to 26 hours Prep Time: 5 minutes Soaking Time: 12-24 hours Cooking Time: ~ 2 hours (stovetop)

Here's what you'll need for 6 servings:

- 1 lb dried Navy beans
- 1 medium onion, diced
- 3 bay leaves
- 1/2 tsp freshly ground black pepper
- 2 tsp rubbed sage
- 1 tsp smoked or regular sea salt
- 2 tsp dried fennel seeds
- 1 tsp dried oregano, marjoram, winter savory or thyme
- fresh sage, fried until crisp for garnish (optional)

There are MANY herbs and seasonings that can be used here, but this combination is one of my favorites to use for white beans. I also think Navy beans are delicious with just salt and pepper. Feel free to explore!

The Process:

1. Place beans in a colander, pick through, discarding any debris. Rinse thoroughly.
2. Add rinsed beans to a pot and cover 2" above the surface with cool water. Cover and allow to soak for 12-24 hours, changing the water 2-3 times in between. You may choose to use a pinch of baking soda as noted above.
3. When beans have been rinsed a final time, heat a Dutch oven or heavy-bottomed large pot over medium heat. When pot is hot, add diced onion, spread evenly over bottom of pot. Don't

disturb for 2-3 minutes. This allows the onions to begin caramelization without the use of oil. Stir once or twice until browned. They may begin to stick to the bottom slightly, but this is okay.

4. Add the drained beans and enough water to cover by 1 inch. Scrape up any stuck-on bits from the bottom of the pot.

5. Add the spices (including baking soda as mentioned above if you'd like to try this). Turn heat to high just until the beans begin to boil, then reduce to low. Simmer covered until beans are tender, 60-90 minutes. You may need to add additional water.

6. Start testing a few beans after an hour. If beans are too brothy, remove lid for the final 30 minutes of cooking.

Serve piping hot with crusty sourdough bread, a winter greens salad, Pumpkin Risotto cakes or an assortment of fermented vegetables.

Nutrition Facts	
Servings: 6	
Amount per serving	
Calories	266
	% Daily Value*
Total Fat 1.3g	2%
Saturated Fat 0.2g	1%
Cholesterol 0mg	0%
Sodium 393mg	17%
Total Carbohydrate 48.4g	18%
Dietary Fiber 19.4g	69%
Total Sugars 3.7g	
Protein 17.3g	
Vitamin D 0mcg	0%
Calcium 132mg	10%
Iron 5mg	25%
Potassium 943mg	20%
<small>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.</small>	
Recipe analyzed by verywell	

Nutrition information is for 1 1/3 cup of brothy Navy beans.

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