

How to...



FAVORITE LUNCH

"Senate Bean Soup," made with ham and navy beans, has been on the US Senate dining room menu for more than 100 years.

WARNING!
Ask an adult's permission before using the stove.

Stir up a hearty pot of delicious bean soup

Ingredients

- One 15-ounce can of beans of your choice (such as navy, kidney, chickpeas, cannellini, pinto, or black)
- 1 tablespoon olive oil
- Optional: 2 thick slices ham, chopped
- 1 celery stalk, chopped
- 1 carrot, chopped
- ½ small onion, chopped
- 1 garlic clove, chopped
- 1 teaspoon dried Italian seasoning blend
- 2 cups water or vegetable or chicken stock

Instructions

1. Empty the can of beans into a colander under running water. Rinse and drain.
2. Add the oil to a medium pot over medium heat. Add the ham (if you're using it), the celery, carrot, onion, and garlic, and stir once or twice. Adjust the heat so the mixture sizzles without burning. Stir every minute or so, until everything looks a little darker than when you started and the vegetables are soft, about 5 to 10 minutes.
3. Add the Italian seasoning and stir a couple of times until you smell the aroma, less than a

- minute. Add the beans and 2 cups water or stock. Bring soup to a boil, then lower the heat so the bubbling slows down a bit and cook, stirring every few minutes, until vegetables are totally soft and the liquid thickens, 5 to 10 minutes.
4. Take the pot off the heat and use a slotted spoon to remove about ½ cup of beans and vegetables to a large plate. Break them up with a fork or potato masher. Return them to the pot. (This will give the soup a thicker texture.) Season with salt and pepper to taste. Makes 2 to 3 servings.



LIFE HACK

MAKE YOUR FAVORITE HOODIES LAST LONGER

If you want to keep your favorite hooded sweatshirt looking great, it's important to care for it properly. First, check the care instructions on the label to make sure it's safe to put it in the washing machine. Avoid washing your hoodie after each wear, which can cause fabrics to lose their color and shape. Before washing, check for stains that may need stain remover. Then turn your hoodie inside out to protect any prints or logos from rubbing against the machine, zip up zippers, and gently tie drawstrings. Wash in cold water on a gentle cycle. Skip the dryer, and let your hoodie air-dry on a rack. When it's dry, you can fold it in half and drape it over the bar of a thick or padded hanger.

Keep your hoodie in tip-top shape.

