

Ham & Bean Soup

SERVES: 6-8 servings | PREP TIME: 15 minutes | COOK TIME: 1 1/2 - 2 hours (on stovetop) | TOTAL TIME: 6-8 hours
(slow cooker, on low)

INGREDIENTS

- 1 tablespoon olive oil
- 1 large onion, diced
- 3 carrots, diced
- 3 celery stalks, diced
- 3 cloves garlic, minced
- 1 lb dried navy beans (or great northern beans), rinsed and sorted
- 8 cups chicken broth (or water)
- 1 bay leaf
- 1 teaspoon dried thyme
- 1 teaspoon dried parsley
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt (or to taste)
- 1-2 cups cooked ham, diced (ham hock, leftover ham, or diced ham)
- Optional: 1 cup diced potatoes, a splash of apple cider vinegar, or a dash of red pepper flakes.

DIRECTIONS

Step 1: Rinse and sort beans, removing any debris. Set aside.

Step 2: In a large pot or Dutch oven, heat olive oil over medium heat. Add onion, carrots, and celery. Cook for 5-7 minutes, until softened.

Step 3: Add garlic and cook for 1 minute, until fragrant.

Step 4: Add the rinsed beans, broth (or water), bay leaf, thyme, parsley, black pepper, and salt. Stir to combine.

Step 5: Bring to a boil, then reduce heat to a simmer. Cover and cook for 1 1/2 - 2 hours, or until the beans are tender, stirring occasionally.

Step 6: Add the ham (diced ham or meat from a ham hock) and continue simmering for 20-30 minutes to allow the flavors to blend.

Step 7: If using a ham hock: remove the hock from the pot, shred the meat, discard the bone and skin, then return the shredded meat to the soup. If using diced or leftover ham: simply let it simmer in the soup for 20-30 minutes to heat through and blend with the flavors.

Step 8: Taste and adjust seasonings as desired. Serve warm with cornbread or crusty bread. Enjoy!

Contains: none of the top 9 allergens in the base recipe. Always check your specific brands.