



## *Heartwarming Navy Bean Soup*

Preparation Time: 15 mins

Cooking Time: 3 hours

Serves: 6

Difficulty: Easy

### INGREDIENTS

Small Ham (I use leftover ham from Thanksgiving/Christmas for this recipe)  
1 ham hock (adds a wonderful smoky flavor)  
1 large yellow/brown onion roughly diced  
4 celery sticks sliced  
4 carrots sliced  
2-3 gold potatoes cut into 1-1.5" squares  
4 minced garlic cloves  
4 cups chicken broth  
2-4 cups of water (enough so it covers the ham and ham hock)  
1 can of diced tomatoes  
2 cans of navy beans drained and rinsed  
Fresh bunch of thyme tied with string  
1 bay leaf  
Pepper

### Note

If using dried navy beans, preparation time will include soaking beans overnight. Personally, I go for the canned.

### DIRECTIONS

1. In a large pot with a ham hock and ham leftovers add 4 cups of chicken broth and several cups of water until ham is covered.
2. Add thyme and garlic, cover and bring to a boil, then lower and cook over medium heat until ham falls off the bone or looks very softened.
3. Remove ham and ham hock. Pull ham off bone and add back to pot of liquid. Discard ham hock.
4. Add all remaining ingredients and simmer on medium-low heat until potatoes are cooked through.
5. Remove thyme bundle.

### Optional

6. Blend half the soup in a blender and put back in the pot. Do not overfill the blender as the lid will pop off and potentially cause scalding/burns.

### Notes

I usually have quite a lot of ham left over and as a result typically double the ingredients.