

Ham n' Bean Soup

- Remix your holiday ham leftovers into this simple and comforting soup.
- Add the hambone from the leftover ham for extra flavor. Use water in place of broth if using the hambone to control salt.
- Use diced TEFAP ham in place of holiday ham leftovers.
- If using dry beans and TEFAP ham, add the ham once the beans are about 30 minutes from done. This ham can become overcooked easily, so be sure to add it later.
- To quick soak dry beans, cover beans with water in a pot and bring to a boil, then drain. Add beans to the pot of soup in step 4.
- For a quick week night meal, use canned beans.

Nutrition Facts

8 servings per container

Serving size **1 cup**

Amount per serving

Calories **270**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 460mg **20%**

Total Carbohydrate 38g **14%**

Dietary Fiber 20g **71%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 23g

Vitamin D 0mcg **0%**

Calcium 82mg **6%**

Iron 5mg **30%**

Potassium 1452mg **30%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Servings: 8 Prep Time: up to 2 1/2 hours



Ingredients:

- 1 pound dry beans, like Great Northern, pinto, garbanzo, a mixed bag, or 4 cans beans, drained
- 2 Tablespoons oil
- 1 medium or large onion, diced
- 2–3 carrots, chopped
- 2–3 ribs of celery, chopped
- 4 cloves of garlic, minced, or 1 Tablespoon garlic powder
- 3 cups ham, diced
- 4 cups low sodium broth
- 4 cups water (if using dry beans)
- 1/2 teaspoon Black pepper

Directions:

1. Soak dry beans by the quick soak method (direction on front of card) or overnight. If using canned, drain and rinse beans.
2. While beans quick soak, dice onion and ham, chop carrots and celery, mince garlic and measure seasonings.
3. Add oil to a large pot over medium high. When hot add onions, carrots and celery. Sauté for 3 minutes. Add garlic, stir for 1 minute. *Add ham now if using canned beans.* Sauté for about 5 minutes, until the sides of the ham starts to brown.
4. Add beans, broth, water (if using dry beans) and seasonings. Bring to a boil and simmer for 30 minutes (for can beans) or 2 hours (for dry beans—without ham). Stir occasionally, adding water if the soup begins to stick or is too thick. Add ham after 2 hours of cooking dry beans. Simmer for 30 more minutes.

*Alternatively, cook this soup with dry beans in a slow cooker for 4 hours on high or 8 hours on low.

Recipe Inspired by:

Dinner at the Zoo

Modified by:

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