

Idiot's Kitchen Recipe – Ham & Navy Bean Soup

Recipe from www.idiotskitchen.com



Ingredients:

- 1 large onion, chopped
- 2 stalks celery, chopped
- 3 carrots, peeled and chopped
- 2 Tablespoons olive oil
- 1 pound dried navy beans
- 1 large, meaty ham bone
- 8 cups of water
- 1 (14.5 oz) can of diced tomatoes
- 2 bay leaves (optional)
- Pepper

Meaty ham bones are available for purchase at Honey Baked Ham stores. You don't have to buy a whole ham, just ask for the bone. Trim some of the extra meat away from the bone before cooking.

Heat 2 Tablespoons of olive oil in a large soup pot over medium high heat. Sauté the chopped onions, celery, and carrots for 5 minutes until slightly tender but not browned.

Rinse and pick through 1 pound of dried navy beans to remove any twigs or stems. Add the beans to the vegetables in the pot. Add the ham bone and 8 cups of water. Add 1 (14.5 oz) can of diced tomatoes and their juices. Season generously with pepper and a couple of bay leaves.

Bring the soup to a boil then reduce the heat to low and simmer, covered for 2 – 2 ½ hours until the beans are tender. Stir occasionally to keep the beans from sticking.

When the beans are tender, remove the ham bone (be sure to get all the pieces of bone as it might have fallen apart during cooking) and pick the usable meat off the bone. Add the ham meat back to the soup, taste and adjust the seasonings.

Serve with a big piece of bread for dunking. Makes 6 generous servings.