

WHITE BEAN AND HAM SOUP

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KITCHEN



Photo: Love+Craft Kitchen

This is one of those dishes that is so rich and flavorful it feels a bit like an indulgence, yet it is packed with protein, fiber, vitamins, minerals and antioxidants that support better health.

Making the stock from a ham bone or ham hocks creates such depth of flavor for this soup. It takes more time to do, but can be completed ahead, and is so worth it! Stock can be stored in the refrigerator for 3 - 4 days or frozen for up to 3 months.

If using a ham bone or hocks are not possible, chicken stock also works very well in this soup.

4 - 6 Servings

INGREDIENTS

For the Ham Stock

- 1 tablespoon olive or avocado oil
- 1 small onion, peeled, sliced
- 1 rib celery, washed, cut into chunks
- 1 carrot, washed, cut into chunks
- 1 ham bone or 1 package ham hocks (preferably from ham with no nitrates)
- 10 cups water
- 1 bay leaf
- 1 tablespoon dried herb blend (such as Penzy's Bouquet Garni or other)

For the Soup

- 2 cans white beans (low sodium), drained and rinsed (Navy, Cannellini or Great Northern)
- ½ teaspoon smoked paprika
- 1/2 teaspoon dried marjoram
- ½ teaspoon dried rosemary
- ¼ teaspoon dried thyme
- 1 tablespoon olive or avocado oil
- 1 small onion, peeled, diced
- 1 carrot, peeled, diced
- 1 small parsnip, peeled, diced
- 1 clove garlic, peeled, minced
- ¼ cup white wine, dry sherry or apple cider (no added sugar)
- 6 cups ham stock (or substitute chicken stock)
- 1 tablespoon balsamic vinegar
- 1 tablespoon coconut aminos
- 1 bay leaf
- 1 cup fresh kale, washed, stems removed and discarded, leaves chopped
- 1 cup diced ham (preferably no nitrates)
- ¼ - ½ teaspoon Kosher salt (to taste)
- ¼ teaspoon ground black pepper

DIRECTIONS

Prepare the Ham Stock - minimum of 3 hours before making the soup

1. Heat the oil over medium heat. Add the onion, celery and carrot to the pan. Sauté until just soft and browning on the outside, about 5 minutes.
2. Add the ham bone or ham hocks, water, bay leaf and herb blend. Stir gently. Bring to a boil, reduce heat to low and simmer gently for 2 - 3 hours.
3. Remove the bone or ham hocks to a cutting board; allow to cool slightly.
4. Strain the stock into a large bowl; discard the veggies.
5. Remove any meat from the bone or ham hocks and set aside for use in the soup. Add any additional diced ham to make 1 cup.

Prepare the Soup

1. Drain and rinse the beans; set aside. Measure the paprika, marjoram, rosemary and thyme into a small bowl; mix gently and set aside.
2. In a large pot, heat the oil over medium heat. Add the onion, carrot and parsnip. Sauté until just soft and browning on the outside, about 5 minutes.
3. Add the garlic, stir to combine and sauté an additional 30 seconds.
4. Carefully add the white wine, sherry or apple cider to the pan, scraping the brown bits from the bottom.
5. Add the ham stock, balsamic vinegar, coconut aminos, beans, seasonings, and kale (if using). Stir to combine. Bring to a boil, then reduce the heat to a low simmer. Cover the pot and simmer for 30 minutes.
6. Remove from heat. Ladle 1/3 - 1/2 of the soup into a blender - leaving the bay leaf in the pan. Blend until smooth. Pour the pureed soup back into the pot and stir to combine with the remaining soup.
7. Add the diced ham, 1/4 teaspoon of salt and the black pepper. Simmer another 30 minutes.
8. Remove and discard the bay leaf. Carefully taste the soup and add additional salt if necessary.

The soup can be served immediately or cooled, refrigerated and heated later.

- Refrigerate for up to 5 days.
- Freeze for up to 3 months.