

HAM AND BEAN SOUP

Ingredients

1 -ham bone, leave meat on the bone while it cooks.

4-5 cups leftover ham

2 cups dry navy beans

2 cups celery chopped

2 cups carrots chopped

1 large onion, finely chopped

3 cloves garlic, minced

4 sprigs fresh thyme or 2 tsp dry

1/4 cup fresh parsley, or 1 tbsp dry

1/2 tsp fresh ground pepper

8-9 cups chicken stock

1 tbsp olive oil



Directions:

Prepare dried beans by soaking them in cold water for 8- 10 hours, then drain and rinse.

In large pan heat oil and saute celery, carrots, onions and garlic until tender.

Add chicken stock, ham bone and ham. Add beans, parsley, thyme and pepper.

Bring to a boil, then reduce heat and simmer covered for 2-3 hours