

Slow Cooker Ham and Bean Soup

Yield: 6 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/holiday-bean-soup-mix-recipe>

Ingredients:

- 1 pound bean soup mix
- 1 pound cannellini
- 1 tablespoon extra virgin olive oil
- 1 small red onion diced
- 1 cup carrots cut into 1/2-inch pieces, about 3 to 4 medium carrots
- 1 cup celery cut into 1/2-inch pieces, about 3 stalks
- 2 cloves garlic minced, about 2 teaspoons
- 1 ham bone meaty, or swap 1 pound cooked diced or shredded leftover ham, about 2 1/2 cups diced/shredded
- 4 cups unsalted chicken stock beef broth, or vegetable broth be SURE to use unsalted
- 2 cups water plus additional as needed
- 15 ounces diced tomatoes in their juices
- 3/4 pound new potatoes or Yukon gold potatoes cut into 1/2-inch dice, about 2 1/3 cup, optional
- 1 bay leaf
- 1 teaspoon smoked paprika
- 1/2 teaspoon chili powder
- 1/4 teaspoon ground black pepper plus additional to taste
- 2 sprigs fresh rosemary or a small bundle of fresh thyme or a mix of the two
- 1 tablespoon red wine vinegar
- 1 cup peas fresh or frozen
- kosher salt to taste; the amount you need, if any at all, will vary based on the saltiness of your ham bone

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 83 grams
3. Cholesterol: 5 milligrams

4. Fat: 5 grams
5. Fiber: 16 grams
6. Protein: 31 grams
7. Sodium: 430 milligrams
8. Sugar: 11 grams

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