

Classic Ham & Bean Soup

Yield: 7 min
Total Time: 300 min

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

Ingredients:

- 1 pound Great Northern beans Navy or Cannellini beans can be substituted
- water
- beans
- 4 cups chicken stock
- 4 cups water
- 2 pounds ham hock or ham bone
- 2 pounds ham shank
- 2 tablespoons olive oil
- 2 tablespoons butter
- 1 yellow onion sweet, peeled & diced
- 5 carrots peeled cut into 1/8" slices
- 2 stalks celery cut into 1/8" slices, optional
- 3 cloves garlic minced
- 1 teaspoon herb dried Parisien, or dried thyme
- 1 teaspoon dry mustard
- 2 teaspoons ground black pepper
- 1 teaspoon kosher salt possibly, but taste first
- 1/2 teaspoon seasoned salt
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon nutmeg
- 3 bay leaves
- 6 bacon strips
- hot sauce optional
- chopped parsley Garnish:, or cilantro, optional
- Corn Bread for serving

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 27 grams

3. Cholesterol: 20 milligrams
4. Fat: 12 grams
5. Fiber: 7 grams
6. Protein: 11 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 700 milligrams
9. Sugar: 6 grams

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