



Ham and Beans and More

Savannah · 30/09/2024



Prep Time

8 hrs

Difficult

Medium

Servings

14 hrs 30 mins

Description

Ham and bean soup can be a little bland and requires a lot of salt to be palatable but not so with this version It is bursting with flavor

Ingredients

- - 1 pound dried Great Northern beans
- sorted and rinsed - 4 cups water - $\frac{1}{4}$ cup celery
- chopped - 1 small onion
- chopped - 2 bay leaves - $\frac{1}{4}$ teaspoon ground cumin - $\frac{1}{2}$ teaspoon garlic powder - 1 teaspoon dried parsley - 1 tablespoon butter - 1 tablespoon olive oil - 2 leeks (bulb only)
- cut in half lengthwise - 1 pound cooked ham
- cut into bite-size pieces - 5 slices bacon - 4 cups chicken stock - 1 pinch sea salt to taste - 1 pinch fresh ground black pepper to taste

Instructions

1. Place the beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight. Drain and rinse before using. Combine the soaked beans
2. 4 cups of water
3. celery
4. onion
5. bay leaves
6. cumin
7. garlic powder
8. and parsley into a slow cooker. Melt the butter with the olive oil in a skillet over medium heat; cook and stir the leeks in the butter mixture until tender and the smaller pieces start to brown
9. 8 to 10 minutes. Transfer the leeks to the slow cooker. In the same pan
10. cook and stir the ham until the edges start to brown; stir into the soup. Place the bacon into the hot skillet
11. and pan-fry until the bacon is crisp
12. about 10 minutes. Cut the bacon into bite-size pieces and stir into the soup. Pour the chicken stock into the hot skillet
13. and stir to dissolve any brown flavor bits from the skillet; pour the chicken stock into the soup. Season with sea salt and pepper. Set the cooker to Low cook the soup until the beans are very tender
14. 6 to 8 hours. Roughly mash about half the beans with a potato masher to thicken the soup. Cook's Note Feel free to play with the seasoning amounts to fit your personal choice. Of course
15. it can be cooked on the stove top for a shorter period of time. I find that the little extra effort of stir-frying the leeks
16. ham
17. and bacon brings a richness to this dish and is more than worth it.