Navy Bean and Ham Soup

Jacob · 30/09/2024



Prep Time

1 hr

Dificult

Medium

Servings

2 hrs 50 mins

Description

This navy bean and ham soup uses smoked ham hocks and fresh herbs to add hearty flavor to this satisfying soup

Ingredients

— - 1 (16 ounce) package dry navy beans - picked over

— rinsed

— and drained - 10 sprigs fresh parsley - 2 sprigs chopped fresh thyme - 1 bay leaf - 2 large smoked ham hocks - 1 carrot

— coarsely chopped - 1 onion

— coarsely chopped - 1 clove garlic

— coarsely chopped - 8 cups cold water - 1 pinch kosher salt and freshly ground black pepper

Instructions

1. Place navy beans into a large pot and cover with several inches of cold water. Bring to a boil
2. reduce heat to low
3. and simmer for 5 minutes. Remove pot from heat
4. cover
5. and let stand for 1 hour; drain and rinse beans. Dotdash Meredith Food Studios Use a small piece of kitchen twine to tie parsley
6. thyme sprigs
7. and bay leaf into a small bundle. Place soaked beans
8. herb bundle
9. ham hocks
10. carrot
11. onion
12. and garlic into a large soup pot or Dutch oven; add 8 cups cold water. Bring to a boil
13. reduce heat to low
14. and simmer until beans and ham hocks are tender
15. about 1 1/2 hours. Dotdash Meredith Food Studios Turn off heat; remove ham hocks and let cool. When they are cool enough to handle
16. remove meat from the bones; discard bones
17. fat
18. and skin. Chop ham into small cubes. Remove and discard herb bundle. Dotdash Meredith Food Studios Transfer about 3 cups cooked beans along with some cooking liquid into a blender; puree beans. Pour pureed beans back into soup; add ham and bring back to a simmer over medium heat. Season with salt and black pepper. Dotdash Meredith Food Studios