Dad39s Lima Bean Soup with Ham Bone

Jacob · 30/09/2024



Prep Time

1 hr

Dificult

Medium

Servings

5 hrs 30 mins

Description

This lima bean soup was one of my fathers favorite dishes a staple of Depressionera cooking when fresh meat was scarce and soup stretched everything Its simmered until thick and loaded with chunks of ham Even limabeanhaters enjoy this hearty soup

Ingredients

- - 1 ham bone with some meat - 8 cups water
- plus more as needed - 1 (16 ounce) package dried lima beans - 1 tablespoon olive oil - 4 stalks celery
- diced - 1 onion
- diced - ½ pound diced cooked ham - 4 carrots
- peeled and sliced - 1 teaspoon salt - 1 teaspoon ground black pepper - 1 teaspoon dried parsley

Instructions

1. Combine ham bone and 8 cups water in a large saucepan. Simmer over medium-low heat until remaining meat falls off the bone
2. about 2 hours. Remove and discard bone. Use a slotted spoon to transfer meat to a bowl. Meanwhile
3. place lima beans in a large pot; pour in enough cold water to cover. Bring to a boil; remove pot from heat
4. cover
5. and let stand for 1 hour. Drain and rinse beans. Heat oil in a skillet over medium heat. Add celery and onion; cook and stir until onion is translucent
6. 5 to 7 minutes. Add cooked ham bone meat
7. lima beans
8. and diced ham. Reduce heat and simmer
9. adding additional water as needed
10. until soup is thickened to desired consistency
11. about 90 minutes. Stir carrots
12. salt
13. pepper
14. and parsley into the soup. Let simmer until carrots are soft
15. about 30 minutes more. Recipe Tips If you don't have a ham bone
16. you can use 1/2 pound bacon or salt pork instead. Add bacon or pork to the pan over medium heat
17. and let cook for a few minutes. Add onions and celery; cook and stir until onions are translucent and bacon is cooked
18. 7 to 10 minutesYou can also soak the beans overnight and skip step 2. Place lima beans into a large container. Cover with several inches of cool water; let soak
19. 8 hours to overnight.