Navy Bean and Ham Hock Soup

Jacob · 30/09/2024



Prep Time

5 hrs

Dificult

Medium

Servings

7 hrs 50 mins

Description

Ham hock soup with navy beans is an easy delicious economical heartwarming onepot meal that will warm you up on a cold night

Ingredients

— - 1 pound dried navy beans

— rinsed and sorted - 12 cups water

— divided - 2 ½ pounds smoked ham hocks - 1 (32 ounce) carton low-sodium chicken broth (such as Swanson Natural Goodness) - 1 cup chopped onion - ¼ cup chopped fresh Italian parsley - 1 teaspoon garlic powder - 1 teaspoon dried basil - ½ teaspoon ground black pepper - ½ teaspoon dried oregano - ¼ teaspoon ground nutmeg - 3 bay leaves - 2 ½ cups thinly sliced carrots - 1 cup chopped celery - ¾ cup mashed potato flakes

Instructions

1. Place navy beans into a Dutch oven with 8 cups water; bring to a boil. Boil for 2 minutes
2. then remove from the heat. Cover and let stand until beans are softened
3. about 5 hours. Drain beans and discard soaking liquid. Rinse beans and return to the Dutch oven. Add ham hocks
4. chicken broth
5. remaining 4 cups water
6. onion
7. parsley
8. garlic powder
9. basil
10. black pepper
11. oregano
12. nutmeg
13. and bay leaves. Bring soup to a boil
14. then reduce the heat and simmer until beans are tender
15. about 1 1/2 hours. Stir carrots
16. celery
17. and potato flakes into soup until well combined. Cover and simmer until vegetables are tender
18. about 30 minutes more. Transfer ham hocks to a cutting board. When cool enough to handle
19. remove meat from the bones and cut into bite-sized pieces. Return meat to the pot and warm through over medium heat
20. about 3 minutes. Recipe Tip You can substitute hickory-smoked ham bones with some meat for the ham hocks if desired.