

Cantiga's Kitchen

Christine's Smoky Ham & Bean Soup

(Serves 6)

Ingredients:

- 1 yellow onion, finely diced
- 3 carrots, quartered and sliced
- 1 bay leaf
- 1 meaty ham bone
- 1 thick slice of ham, cubed (approximately 3 cups)
- 1 20 oz bag dried bean soup mix
- 8 cups chicken or vegetable broth (we like Rapunzel brand)
- 1 heaping tsp dried thyme
- 2 tsp minced garlic
- 1 14 oz can petite diced tomatoes
- 1/4 cup finely chopped parsley

Directions:

Rinse beans and drain well.

We like cooking this soup in a slow cooker, but it can also be done in a stockpot.

For slow cooker method, place broth, onion, carrots, bay leaf, ham bone, beans, thyme and garlic in the slow cooker. Cook on high for 4 hours or low for 8. Remove ham bone and separate remaining ham, adding to the soup. Stir in tomatoes, diced ham and parsley, then cook for an additional half hour. Season to taste.

For stove top method, sauté onions and garlic in small amount of oil in a large pot, then add broth. Bring to a simmer, then add bay leaf, carrot, ham bone, beans and thyme. Bring the mixture back up to a boil, then simmer on low for an hour or more, until the beans are cooked and the ham removes easily from the bone. Remove the ham bone, separate the remaining meat and add the meat back to the soup. Stir in the tomatoes, diced ham and parsley, then simmer for an additional 20 minutes. Season to taste.

Enjoy with Cantiga Wineworks GSM
(Grenache-Syrah-Mourvedre)!

