



#MakeItGAP

RECIPES

SLOW COOKER HAM AND BEAN SOUP

YIELD: 12 Servings

INGREDIENTS:

1 Tbsp. olive oil
1 cup sliced carrots
1 cup sliced celery
1 onion, *chopped*
4 cups chicken broth
4 cups water
1 pound dried navy beans or pinto beans, *rinsed and picked over*
2 tsp. garlic powder
1 tsp. ground cumin
1 tsp. paprika
1 tsp. dried thyme
1 bay leaf
2 -3 cups pulled cooked ham
Salt and freshly ground black pepper, *to taste*

PREPARATION:

In a 3-quart saucepan or Dutch oven, heat olive oil over medium-high heat until shimmering. Sauté carrots, celery, and onion until softened and translucent, about 8 to 10 minutes.

Stir in broth, water, beans, garlic powder, cumin, paprika, thyme, and bay leaf. Bring to a boil.

Pour into slow cooker. Cook on LOW 6 hours. Add diced ham and cook additional 2 hours or until beans are tender.

Remove bay leaf. Season to taste with salt and pepper.

Recipe adapted from culinaryhill.com