

Ham and White Bean Soup

From My Carolina Home

2 pounds Great Northern Beans
hot tap water
1 Ham bone with some meat left
3 garlic cloves, chopped
1 cup chopped onion
Water
1/2 teaspoon each salt and pepper, or to taste
1/4 cup chopped green onion, optional
chopped fresh parsley, optional



The night before, place beans in a large bowl with enough hot tap water to cover by a few inches. Cover and leave to soak overnight.

The next day, about 2-3 hours before you wish to serve, drain beans and place in a large stockpot. Add ham bone, garlic and onion. Add water to cover bone by about 2 inches. Bring to a boil, then lower temperature to a simmer. Let simmer uncovered for 2 hours. Lift the bone and remove the meat. Shred the meat and discard the bone. Before adding the meat back to the pot, ladle out at least 3 cups of beans and broth into a blender or food processor. There should be mostly beans, with enough broth to make blending easy. Puree the beans, making a thick slurry, about the consistency of a thick gravy. Add the ham and the slurry back to the pot. Add salt and pepper now or at table. It is now ready to serve, garnish with green onions or fresh chopped parsley. Thick and hearty, this will stick to your ribs. And it is gluten and dairy free too.

Yield – 6-8 large bowls of soup. Leftovers freeze well.

Variation - If you don't want meat in your soup, you can use chunks of other vegetables to add flavor in place of the meat. Cut up large chunks of onion, carrots, leeks or celery to add to the broth for the last 30 minute of cooking so they don't disintegrate.

Enjoy!!