

Ham and Bean Soup

Ingredients

1 tbsp. olive oil
2-3 chopped carrots
2-3 stalks of celery chopped
2 medium onions chopped
3 cloves garlic chopped
8 cups or 2 32 oz. cartons of chicken stock
3 15 oz cans navy beans drained and rinsed
Bouquet garni of fresh thyme and rosemary
1 bay leaf
1 ham bone
Chopped fresh parsley for garnish

Preparation

In Dutch oven or soup pot warm olive oil over medium high heat.
Add carrots, celery, onion and garlic. Cook for about 5 minutes until tender.
Add chicken stock, beans, bay leaf, ham bone and bouquet garni. Bring to a boil, cover and lower heat to simmer.

Remove bouquet garni and bay leaf, discard. Remove ham bone and cut ham into bite size pieces and return to pot. Discard ham bone. Let simmer for a few minutes and serve. Garnish with fresh chopped parsley.