

Ham and Bean Soup

Yield: 6-8 servings

1 bag (1 lb. or 16 oz.) dried Great Northern beans

½ lb. ham, diced

6-8 cups chicken broth or water

Chopped onions for serving, optional

Rinse the beans, sorting out any rocks, or broken or discolored beans.

Slow Cooker method: Soak the beans in water overnight. In the morning, drain the beans and discard the water. Add the beans, ham and 6 cups of broth to the slow cooker. Cover and cook on HIGH for 8-10 hours. Add more broth or water if necessary. If you prefer a creamier soup, you can mash some of the beans.

Stove Top method: In the morning, put the beans in a large soup pot. Cover with water and allow to soak until about 2 hours before dinner. Drain the beans and discard the water. Return the beans to the pot and add 6 cups of chicken broth. Bring to a boil, reduce heat to low and simmer for about an hour. Add the ham and continue to cook for another 30 minutes to an hour or until the beans are tender. If you prefer a creamier soup, you can mash some of the beans.

To serve, top the beans with chopped onions (optional) and be sure to add some cornbread on the side!

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