

Triple Bean and Vegetable Soup with Pork

Ingredients

64oz chicken broth
1 ham shank {I use between 1.75 and 2 pounds}
2 tablespoons olive oil
3 celery stalks, diced
3 carrots, peeled and diced
4 garlic cloves, minced
½ medium onion, diced
6oz fresh green beans, diced
1 teaspoon ground black pepper
15 oz can black beans, drained and rinsed
15 oz can kidney beans, drained and rinsed
15 oz can white beans, drained and rinsed
½ teaspoon italian seasoning

Directions

- 1 In stock pot, add chicken broth and ham shank. Bring to boil, reduce heat to medium and cook for 45 minutes. {I use this time to prepare the vegetables}
- 2 In large skillet, over medium-high heat, heat olive oil. Add vegetables and saute until tender, about 10-15 minutes.
- 3 Remove ham shank from chicken broth, set aside. Add vegetable mix to broth and bring to boil, reduce heat to simmer.
- 4 Remove ham from the shank, making sure to remove skin, and dice.
- 5 Add diced ham, beans and italian seasoning into the soup. Return to simmer and cook for 15 minutes. {longer is fine!}
- 6 Let cool off before serving. Enjoy!