

Ham and Sausage White Bean Stew

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1-1/2 tablespoons butter, bacon drippings or extra virgin olive oil
1/4 pound quality andouille or smoked sausage (like Coneuch brand), *diced*
1-1/2 cups diced onion
1 cup diced carrot
1/2 cup diced celery
1 tablespoon minced garlic
1 teaspoon kosher salt
1/4 teaspoon freshly cracked black pepper
1/4 teaspoon Creole or Cajun seasoning, *or to taste, optional*
1/2 teaspoon dried thyme
1 tablespoon dried parsley
1 bay leaf
3 cups cubed smoked ham
6 cups [homemade](#) or boxed chicken stock or broth
1 medium potato, *cooked and mashed*
1 (14.5 ounce) can diced tomatoes, *drained*
3 (14.5 ounce) cans white beans (great northern, navy), *drained and rinsed*

Brown sausage in 1/2 tablespoon fat; remove and set aside. Add remaining fat to pan and saute onion, carrots and celery for 4 minutes. Add garlic, seasonings and ham; cook for 1 minute. Stir in stock or broth, bring to a boil, return sausage to pot, reduce to low simmer and cook for 30 minutes. Stir in potato until fully incorporated, then add tomato and beans. Continue to simmer until beans are warmed through and stew reaches desired consistency, 10 to 15 minutes longer; taste and adjust seasonings. Serve over cornbread, hot steamed rice or mashed potatoes, or serve as is, with a green salad and cornbread on the side.

Cook's Notes: I use the baked potato setting on my microwave to cook the potato. I also added a dried hot pepper for a little extra heat. May also used beans cooked from dried beans; be sure to cook them more firm. For soup, increase water to 8 to 10 cups.

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