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Ingredients for Crockpot Ham and Bean Soup

1 meaty, smoked ham shank (1.5 to 2 pounds)

1 pound bag dried great northern beans, sorted and rinsed - no soaking needed

1 onion, chopped

4 cloves garlic, minced

2 medium carrots, peeled and sliced

1/2 teaspoon dried rosemary

1 dried bay leaf

8 cups chicken stock

Directions for Crockpot Ham and Bean Soup

1. **Add shank:** To a 6-quart crockpot/slow cooker, add the ham shank with the meaty side facing down. This will help ensure the meat stays submerged and becomes tender.

2. **Sort and rinse:** Sort through the dried beans looking for small pebbles and discolored beans - discard. Place the beans in a colander or fine mesh strainer and rinse thoroughly under running water.
3. **Add:** Add the chopped onion, minced garlic, peeled and sliced carrots, dried rosemary, bay leaf, and chicken stock.
4. **Cook:** With lid on, cook for 8-10 hours on LOW (or 5-6 hours on HIGH). The cooking is finished when the ham easily separates from the bone and the beans are tender.
5. **Shred ham:** When the cooking has finished, place the shank on a plate. When it is cool enough to touch, pull off the meat and shred into bite-sized pieces. Return ham to crockpot/slow cooker and discard the bone.
6. Season to taste with salt and black pepper.
7. Ladle soup into bowls and serve. Tastes great with cornbread or biscuits.

