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Ingredients for Crockpot Pinto Bean Soup

1 smoked, meaty ham shank - 1.5 to 2 pounds

16 ounce bag dried pinto beans, sorted and rinsed - no soaking needed

1 white onion, peeled and chopped

4 cloves garlic, peeled and minced

1/4 teaspoon freshly ground black pepper

1 teaspoon dried oregano

8 cups chicken stock

15 ounce can diced tomatoes

sour cream, optional garnish

sliced green onions, optional garnish

Directions for Crockpot Pinto Bean Soup

1. **Add shank:** Using a 6-quart crockpot/slow cooker, add the meaty ham shank with the meaty side facing down. This positioning will

help ensure the meat stays submerged in the soup and becomes tender.

2. **Prep beans:** Carefully look through the beans a few at a time. Discard any discolored beans, pebbles, or other debris. Placing the beans in a colander or mesh strainer, rinse under running water to remove any dust or other foreign particles. Even though the beans are machine processed after being harvested, unwanted bits can occasionally make it into the package.

3. **Add:** Add the rinsed beans, chopped onion, minced garlic, black pepper, dried oregano, and chicken stock.

4. **Cook:** With the lid on, cook for **8-10 hours on LOW** (or 5-6 hours on HIGH).

5. **Add tomatoes:** When the ham separates easily from the bone and the beans are tender, add the can of diced tomatoes. We are adding the tomatoes toward the end of cooking because their acidity can prevent the beans from becoming tender.

6. **Cook 30 minutes:** Cook the soup for 30 minutes on LOW.

7. Season to taste with salt and pepper.

8. Ladle soup into bowls and garnish with sour cream and sliced scallions - optional

