

Ham and Bean Soup

A Freeze Dried Pantry Recipe

This recipe will make approximately 22 cups of soup



Ingredients

4 cups leftover ham cubed
1 ham bone
3 cups freeze dried fast beans Great Northern or Navy beans
2 cups celery chopped
2 cups carrots chopped
3 cloves garlic finely minced
4 sprigs fresh thyme or 2 tsp dry
½ tsp fresh ground pepper
8-9 cups chicken stock or chicken broth
1 tbsp olive oil for sauteing vegetables
Salt to taste

This is a freeze-dried pantry recipe using some already freeze-dried ingredients

Directions:

1. Heat oil in a large Dutch oven.
2. Add celery, carrots, onions, and garlic, and sauté until tender.
3. Stir in the chicken stock, ham bone, and ham.
4. Add the freeze-dried beans, parsley, thyme, and pepper.
5. Bring to a boil, then reduce heat to low. Cover and simmer for 15–20 minutes, until beans are rehydrated and flavors blend.
6. Chop any large pieces of ham before serving.
7. Near the end of cooking, remove about 1 cup of soup. Puree with an immersion blender and stir back into the pot for a creamier texture.

Rehydration:

Beans will rehydrate as they are cooked into the soup.

Notes:

One serving is about 2 ½ cups of soup, this recipe makes 8 servings of soup.

Nutritional Value Per 1 serving

Calories: 260 Protein: 21 g Fat: 7.5 g Carbohydrates: 26 g Sugar: 2 g Fiber: 4 g