

# Ham Bone and Bean Soup

Don't throw away the ham bone -- make bean soup! Plan a little bit ahead and use a ham bone to make this gluten-free soup. With just a few basic ingredients you can create a delicious comforting meal from leftovers.

Recipe by **Rick Kleinhans (kokodiablo)**

**Prep Time:** 20 mins

**Cook Time:** 2 hrs 40 mins

**Additional Time:** 1 day

**Total Time:** 1 day 3 hrs

## Ingredients

- 1 (16 ounce) package 15-bean soup mix
- 6 cups chicken stock
- 1 ham bone with some meat
- 1 cup chopped onion
- 1 cup chopped carrots
- ½ stalk celery, chopped
- 1 tablespoon chopped garlic
- 2 bay leaves
- 2 cups chopped ham
- 2 tablespoons liquid smoke flavoring
- 1 ½ tablespoons ground mustard powder
- 1 pinch salt and ground black pepper to taste

## Directions

### Step 1

Place bean mix into a large bowl and cover with several inches of water; soak for at least 24 hours. Drain completely.

### Step 2

Bring chicken stock to a boil in a pot large enough to hold the beans and, eventually, the ham bone. Add the soaked beans; reduce heat and simmer until tender, about 1 hour.

### Step 3

Bring stock and beans back to a boil. Add ham bone, onion, carrots, celery, garlic, and bay leaves. Reduce heat to low and simmer until vegetables are soft, about 1 hour. Add chopped ham, liquid smoke, and mustard powder. Stir and let simmer until flavors blend, about 30 minutes more.

### Step 4

Remove ham bone from the soup. Season with salt and pepper.

## Nutrition Facts

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Per serving: 308 calories; total fat 8g; saturated fat 2g; cholesterol 17mg; sodium 1036mg; total carbohydrate 38g; dietary fiber 16g; total sugars 4g; protein 19g; vitamin c 3mg; calcium 24mg; iron 1mg; potassium 943mg