

# Ham and White Bean Soup

**Ingredients** (Makes about 14 one cup servings)

- 1 ham bone
- 2 medium onion, chopped (divided)
- 6 stalks celery, chopped (divided)
- 8 large carrots, chopped (divided)
- 2 tablespoons Worcestershire sauce
- 2 tablespoons Dijon mustard
- 1 tablespoon chili powder
- 3 bay leaves
- 1 teaspoon ground black pepper
- 1 teaspoon salt
- 1 tablespoon dried parsley
- 3 tablespoons lemon juice
- 4 cups cubed ham
- 2 cups chicken broth
- 1 (14.5 ounce) can diced tomatoes, with liquid
- 6 cans Great Northern Beans, drained (divided)

## Directions

1. Place the ham bone, 1 onion quartered, 3 carrots quartered, and 3 celery stalks quartered, into a large pot and fill with enough water to cover by about an inch or two.
2. Add all spices from Worcestershire – Lemon Juice.
3. Bring to a boil, then lower temp and simmer over low for 2 - 3 hours.
4. Remove onions, celery, and carrots with a slotted spoon. Throw Away.
5. Dice up remaining carrots, celery, and onions into the size you want and add to soup. Add tomatoes and chicken broth and bring to a boil. Then lower temp and simmer for 1 hour.
6. Remove Ham bone.
7. In a food processor, process up 3 of the cans of beans with a touch of water and add to pot. Add cubed ham and the remaining 3 cans of beans (drained). Simmer for ½ hour.

## Nutrition Info (in roughly 1 cup)

Calories – 237

Carbs – 30g

Fat – 5g

Protein – 20g

Potassium – 219mg

Sugars – 7g

Fiber – 12g

Sodium – 1323mg

Cholesterol – 26mg

Calcium – 8%

Vitamin C – 8%

Vitamin A – 71%

Iron – 20%