

# Leftover Ham and Bean Soup

Yields: 8 servings

## Ingredients:

- 1 leftover ham bone
- 2 cups leftover ham, chopped in cubes
- 2 T. olive oil
- 2 bay leaves
- 1 large onion, chopped
- 2 medium carrots, chopped
- 3 celery stalks, chopped
- 3 cloves garlic, minced
- 3 (15 oz.) cans cannellini beans or white beans, drained and rinsed
- 8 cups low sodium vegetable broth
- 1 tsp. cumin
- 1 tsp. thyme
- Salt and pepper to taste
- Parsley for garnish (optional)

## Directions:

- In a large soup pot, heat olive oil. Add onion, celery and carrots and cook for about 5 minutes until onion is tender. Add garlic, ham, ham bone, bay leaves and broth. If you don't have a ham bone, it is okay to skip it. Bring to a boil and lower heat to medium. Let cook for about 30 minutes.
- Add beans, cumin, thyme and salt and pepper. Continue cooking for another 30 minutes.
- Remove ham bone and bay leaves. Garnish with parsley if desired.

**Nutrition per serving:** 225 Calories, 7.5 g Fat, 26.3 g Carbohydrate, 13.2 g Protein, 7.5 g Fiber, 505 mg Sodium, 19 mg Cholesterol

