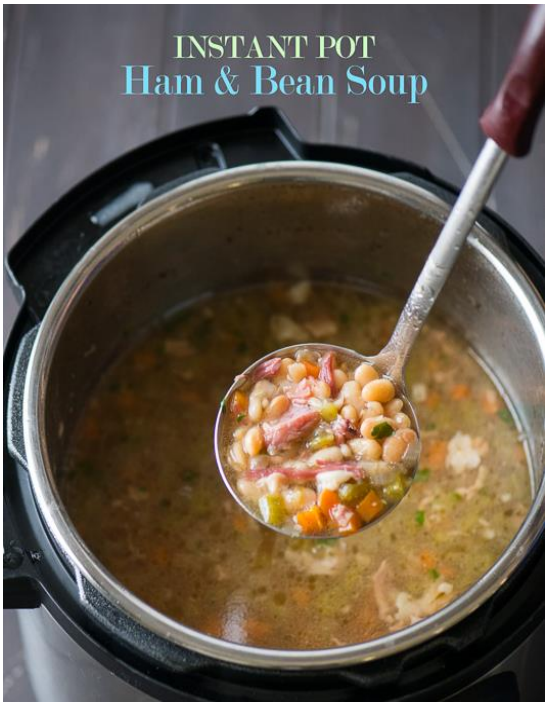
Instant Pot Ham Bean Soup

Prep Time: 15 mins // **Cook Time:** 1 hr // **Total Time:** 1 hr 30 mins
Makes: 10 servings

Nutritional Information: *[illegible] grams, total carbs 33 grams, calories [illegible]*

Ingredients



- 1 large ham bone or ham hock
  ~ If needed cut at the joint so it will fit in Pot
- 1 1/2 cups cooked diced ham
- 1 Tablespoon olive oil
- 1 large onion, diced (use a sweet onion, it's delicious!)
- 3 cloves garlic, minced
- 7 cups chicken broth—low sodium or bone
- 2 teaspoons Worcestershire sauce
- 2-3 large celery stalks, diced
- 2-3 large carrots, peeled and diced
- 1 pound dried navy beans, great Northern Beans, pinto beans
- 1 bay leaf
- 1/2 teaspoon dried thyme or dried oregano
- 1/2 teaspoon ground cumin (optional)
- 1/2 teaspoon kosher salt, or to taste
- 1/2 teaspoon fresh cracked black pepper, or to taste
- 1 cup chopped kale or cabbage, optional (to

Directions

1. Turn Instant Pot on "Sauté". Then add oil. Add the onions and garlic and cook until soft, about 2 minutes.
2. Add the ham bone, diced ham, broth, Worcestershire, celery, carrots, dried beans, bay leaf, dried thyme, optional ground cumin, salt and pepper. And add any additional optional veggies. Stir the mixture.
3. Close the lid, set to high pressure, and after the pressure cooker reaches full pressure, cook for 60 minutes *(These are the steps we did for our Instant Pot: Press "Cancel" to stop the "Sauté" setting. Press the "Manual" button. Set the time to 60 minutes.)*
4. After the cooking time is complete, press "Cancel" and carefully release the pressure.
5. Remove ham bones and any excess fatty chunks from the Instant Pot and pull off any ham meat and cut into small pieces. Add the ham back into the Instant Pot. If you want a thicker soup, mash a few of the beans in the soup. Give the soup a good stir and add additional salt and paper, to taste.
6. Garnish with minced parsley (optional). Serve warm with bread.

DO YOU NEED TO SOAK THE DRIED BEANS FOR THE HAM AND BEAN SOUP?

There's always a lot of discussion and debate if you need to soak the beans. We tried both methods and for the most part, they tasted the same. We always used dried white beans (regular size) or dried cannellini beans. They cook great and perfectly tender. Other types of beans might cook differently, so you'll have to be open ended to different cooking times and textures when not soaking other beans. Soaking takes an extra step and we found that we didn't need to do that. It was easier to just add the dried beans in the pressure cooker and then cook it for a little longer. If you're used pre-soaked beans, you can cook it for about 20 minutes less.