

Slow Cooker White Bean and Ham Soup

Ingredients

1/2 large onion chopped
2 carrots thinly sliced
2 stalks of celery or 2 tsps. dried celery flakes
4 gloves of garlic or 1 tsp. minced garlic
6 cups chicken broth or if you want a thicker soup, 5 cups
One ham hock with skin removed
1 16 oz. bag uncooked navy or white beans*
1 tsp. yellow mustard
1/2 tsp. thyme
1/2 tsp. cumin
1/4 tsp. pepper
1 3 oz. can green chilies
1 8 oz. brick cream cheese, chopped into pieces

Instructions:

Soak the dried beans in water for 24 hrs. or overnight, The beans will soak up the water so it may be necessary to add additional water thorough out the soaking time. Presoaking the beans reportedly helps to reduce the gassiness (is that a word?) of the beans.

Add beans to slow cooker with ham hock and remaining ingredients. Stir to combine flavors and cook on low for 8 hours or high for 3-4 hrs. Cooking time will vary depending on the wattage of your cooker.

When finished cooking, remove ham bones and shred ham, returning to soup. Using a potato masher, mash some of the beans in the soup to thicken the soup.

Serve with crackers or corn bread.

*To save time, you can substitute a 16 oz. can of white, navy or cannellini beans for the dried beans.

Adapted from One Pot Creamy White Bean and Ham Tortellini Soup.

<http://www.carlsbadcravings.com/creamy-white-bean-ham-tortellini-soup-recipe/>