

# Our State eats

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## Navy Bean & Ham Bone Soup

*Yield: 8 servings.*

- 1 pound dried navy beans
- 1 ham bone
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 large sweet onion, chopped
- 2 stalks celery, chopped
- 1 large carrot, peeled and chopped
- 6 cloves garlic, minced
- 3 fresh thyme sprigs
- 1 teaspoon chili powder
- 2 teaspoons smoked paprika
- 1 teaspoon crushed red pepper
- 5 cups chicken broth
- 5 cups water
- 1½ cups smoked ham, cut into small chunks
- Salt and pepper to taste

Place the dried beans in a large bowl and cover with 3 inches of water. Soak the dried beans overnight (up to 24 hours) to soften. Drain when ready to use.

Place a large Dutch oven over medium heat. Add the oil, butter, ham bone, onion, celery, carrot, and garlic. Sauté for 3 to 5 minutes.

Add the drained beans, thyme, chili powder, paprika, crushed red pepper, chicken broth, water, and chopped ham.

Bring the soup to a boil. Lower the heat and simmer for 1½ hours, covered, until the beans are very soft. Stir occasionally.

Use a fork to pull any remaining ham off the bone and stir it into the soup. Discard the bone and thyme sprigs. If the soup is too thick, add 1 to 2 cups additional water. Taste, then add salt and pepper as needed.

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