



Ham Hock and White Bean Soup

Recipe Courtesy Chef Bryan Woolley

- 1 1/2 cups canned Great Northern or other small white beans (rinse to remove sodium)
- 1 ham hock
- 5 cups low sodium, low fat chicken stock
- 2 teaspoons chopped fresh thyme
- 1 teaspoon fennel seeds, crushed
- 1/2 teaspoon dried marjoram
- 2 Tbsp tomato paste
- 1 Tbsp olive oil
- 2 cups chopped leek bottoms
- 1 1/2 cups chopped onion
- 1 cup chopped carrot
- 1/2 cup chopped celery
- 2 garlic cloves, minced
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon salt

Garnish:

- 2 Tbsp diced red bell pepper
- 2 Tbsp chopped fresh basil
- 2 Tbsp finely chopped green onions

1. Combine beans, chicken stock, thyme, fennel seeds, marjoram, and tomato paste in a heavy bottomed stockpot. Bring to a boil and reduce heat to a simmer. Cook for about 20 minutes.
2. Heat a non-stick pan and add olive oil, leeks, onion, carrots, celery and garlic. Sauté until fragrant. (About 10 minutes)
3. While the leek mixture is sautéing, remove ham hock from bean mixture and allow to cool. Remove the ham from the bone. Discard the bone and return the ham to the leek mixture and finish sautéing to cook the ham fully, if necessary.
4. Add the leek mixture to the beans; simmer for an additional 5 minutes.
5. Serve with a sprinkling of garnish on top. ENJOY!

Makes about 6 servings of 1 cup each.

Nutrition Facts

Serving Size: One Cup of soup

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|---------------|-------|
| Calories | 210 |
| Total Fat | 7g |
| Saturated Fat | 2g |
| Cholesterol | 15mg |
| Sodium | 220mg |
| Carbohydrates | 25g |
| Dietary Fiber | 6g |
| Sugars | 5g |
| Protein | 12g |

Diabetic Exchanges

| | |
|---------------|---|
| Protein | 2 |
| Fat | 1 |
| Carbohydrates | 2 |