



Category (Soups)

Arlea's Ham and Bean Soup

Submitted by (Arlea Carmack)

Recipe

8-9 lbs. bone-in ham
8 lbs. pinto beans
4 stalks of celery hearts diced
3 medium onions diced
2 lbs. whole carrots peeled and sliced
Salt and pepper to taste

Clean pinto beans and place in a stock pot. Pour enough water in the stock pot to double the size of the beans. Set aside overnight. Place ham in a roasting pan. Pour enough water in the roasting pan to reach approximately one inch of water. Place in a 250-degree oven overnight.

The next morning you will drain the beans and put the beans back in the stock pot. Pour fresh water into the stock pot to cover the beans to approximately 4 inches of water above the beans. Take the ham out of the oven and let cool. When the ham is cool take two forks and shred and dice the ham in its' own juice. Pour the shredded ham into the stock pot and mix with the beans. Cook over medium low heat for 8 hours. Dice the celery hearts, onions and carrots and mix into the ham and bean mixture. Continue to cook over medium low heat until fully cooked.

You should have enough hearty soup to feed a family of 6 and freeze between 20-24 pints. Be sure to let your soup cool. I use a name brand glass pint size canning jar with the white plastic screw-on lids so I can defrost them and cook them in the microwave. You just unscrew the lid before you microwave. You can get the white plastic screw-on lids at a discount store that fit on your canning jars. **WARNING:** If you use a glass jar that is not as heavy as the canning jar and you put them in the freezer while the soup is hot, you can break the jars and have a mess.