



# HAM AND BEAN SOUP

## INGREDIENTS:

1 (12 oz.) package variety dried seven-bean mix  
Cooking spray  
1 cup chopped onion (1 medium)  
4 cups, fat-free, less-sodium chicken broth  
3 garlic cloves, minced  
1 cup chopped carrot (about 2)  
1 cup chopped celery (3 ribs)  
1 cup chopped green bell pepper  
1 cup chopped red bell pepper  
¼ cup chopped fresh flat-leaf parsley  
2 Tablespoons chopped fresh basil  
1 Tablespoon chopped fresh oregano  
1 Tablespoon chopped fresh thyme  
¾ teaspoon Kosher salt  
½ teaspoon freshly ground black pepper  
1 smoked ham hock (about 4 oz.)  
1 bay leaf  
1 Tablespoon fresh lemon juice

## DIRECTIONS:

Sort and wash beans; place in a large Dutch oven; cover with water to 2" above beans; cover and let stand 8 hours; drain beans. Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray; add onion and garlic to pan; sauté 3 minutes. Add beans, broth, and remaining ingredients except lemon juice; bring to a boil. Cover, reduce heat, and simmer 2 ½ hours. Remove ham hock from pan; cool slightly. Remove ham from bones, finely chop and return meat to pan. Discard bones, skin, and fat. Discard bay leaf. Stir in lemon juice.

## Nutritional Information (per serving)

Calories 231  
Total Fat 4.5 g  
Saturated Fat 1.4 g  
Monounsaturated Fat 1.7 g  
Polyunsaturated Fat 0.8 g  
Cholesterol 15 mg  
Sodium 478 mg  
Total Carbohydrates 33.8 g  
Fiber 10.9 g  
Sugar  
NET Carbohydrates 22.9 g  
Protein 15.6 g