

# SAMSSites Recipes

## Ham and Bean

### *Trial and Error*

I like to make my own broth. It gives me a little more control over what is in it. Although no control over the ham. It still makes a good soup. Ham does tend to have a lot of salt. I do not use salt in my cooking. It is amazing how much salt is used everywhere else. After the holidays I freeze the ham bone, fat and juice on the bottom of the pan.

- 1 ham bone
- crushed red pepper
- 6 quarts of water
- variety of beans, pinto, black, black-eyed peas and soy about 1/3 cup of about 4 different beans
- 1 onion
- barley 1/2 cup
- variety of vegetables this time I used carrots, potatoes, zucchini, cauliflower, celery and cabbage
- 1 can of tomatoes



Cook the ham bone in the water for about 2 hours with the crushed-red pepper. Then take the ham out of the water and put the water in the refrigerator or outside if it is about 40 degrees F overnight. If the ham had any ham left on it take it off, cut it up we will add it to the soup. Skim the top of the water taking off the layer of fat. Pour soup through a strainer. Meanwhile, soak beans overnight. Strain and rinse off the beans. Put beans in the water along with more crushed-red pepper. Cook for about 4 hours. Chop onion add to soup and add barley cook another 1/2 hour Add vegies except cabbage and tomato. Add them after another 1/2 hour. Add the ham off the bone cook another 15 minutes. Soup is ready

