

Auntie Sammy's Ham, Bean, Potato Soup

Ingredients:

- 1 ham bone boiled in water or 32 ounces chicken broth (vegetable stock or boullion cubes work also)
- 1 ½ to 2 pounds cooked ham, cubed
- 2 cans whole potatoes, chopped or mashed
- 1 bag petite carrots, diced or shredded
- ½ small onion
- 2 stalks celery, chopped
- 2 or 3 cans navy beans
- Salt
- Pepper
- Garlic powder
- Extra seasonings (as desired): savory blend, pineapple juice, brown sugar, maple syrup, bay leaves. Pampered Chef makes a delicious Savory Maple seasoning that paired perfectly with my latest batch.



I frequently grab random ingredients from within my fridge or cupboards to make meals. That's how this ham, bean, potato soup came into existence. Which means, the measurements may not be precise. You might prefer less ham and more potatoes. You might prefer a sweeter flavor or something savory. I encourage you to play around with the seasonings. However, salt, pepper, and garlic are a must! This recipe works best with leftover ham that was baked in the oven. I traditionally bake my ham with about two dozen whole cloves stuck in the crosshairs, an entire can of pineapple rings pinned to it with toothpicks, and baste it in a concoction of pineapple juice, orange juice, and brown sugar.

Directions:

1. Throw all the ingredients into a crockpot. Set on high.
2. For a thicker consistency, mash potatoes or blend beans before adding to the crockpot.
3. Cook on high for about 2 hours, reduce heat and continue cooking for up to 8 additional hours. All of the ingredients are fully cooked before putting them in the crockpot so the amount of time you need to keep it warm until you eat it is up to you.
4. Enjoy! And be sure to use **#thebegratefulproject** to let us know what variations you tried and how it turned out.