

Hearty Rootin' Tootin' Ham Hock 'n Bean Soup

by Lyn Garling, Over The Moon Farm

In the winter, there is NOTHING better than a steaming crockpot full of this soup, I promise! Our hocks are no-nitrate cured, have nice marrow in the bones and lots of meat on them. This is what we use and how we make it. (*Actual* ingredients depend on what we have on hand.)

What

2 lbs of no-nitrate cured and smoked ham hocks
1 large onion
3-4 cloves of garlic
1 qt broth, stock or other soup fixin's (can be veggie, turkey, chicken)
1 TB tomato paste
Water to cover

Rooty things - I use ~2 carrots; 2-3 potatoes & a small-medium sweet potato
(but you can use anything rooty)

Frozen corn ~ 1 cup

Tooty things - 1 med can Great Northern beans (any other kind of beans are fine too)
Collards or kale - as much as you can cram on top & cover

Seasonings: Pepper, ~ 1 tsp of marjoram, thyme, tarragon, basil; maybe pinch of oregano
If you are a garlic hound, you can put some roasted granulated garlic in.

How

Thaw, rinse off the ham hock(s) and put in the crockpot with the broth.
Set on high for awhile to get it going.

Meantime, chop the onion and garlic and sauté in butter in a cast iron pan if you have it.
Set aside until the hocks and broth are cooking & then add.

Add the tomato paste, pepper, water to cover, stir then let cook on low. (Anywhere from 2-4 hrs.)

Check back, add liquid if needed.

Add the other seasonings.

Add chopped carrots. 30 min later, add potatoes.

Once potatoes and carrots are al dente/soft enough, start adding all the rest (corn, beans, greens) in the order listed.

Let heat and you're ready to eat!

*Sometimes we like to sprinkle *parmesan cheese* on top as a garnish.

***Hot cornbread* out of the oven is not a bad idea either . . . just sayin'

