



# Instant Pot Ham Hock and Bean Soup



Instant Pot Ham Hock and Bean Soup can be ready in a little over an hour. Cook a tasty ham hock with navy beans and veggies for a delicious and comforting soup.

<b>Course</b>	Soup
<b>Cuisine</b>	American
<b>Keyword</b>	pressure cooker ham hock and beans recipe

**Prep Time** 15 minutes

**Cook Time** 35 minutes

**Total Time** 1 hour 20 minutes

**Servings** 5 - 8

**Calories** 299 kcal

**Author** Sandy Clifton

## Ingredients

- 1 1/2 lbs Ham Hock (or a meaty ham bone) (I use one large ham hock)
- 1 lb Navy Beans\* (dry, or soaked for 2 hours)
- 6 cups Broth or Water (low sodium) chicken or pork
- 1 Large Yellow Onion, chopped
- 3 Ribs Celery, chopped
- 3 Carrots, chopped (chop larger pieces if you want firmer veggies, as they will be soft)
- 4 Cloves Garlic, finely minced
- 2 Bay Leaves
- 3 sprigs Fresh Thyme (or 1/4 tsp dried)
- 1/3 cup Fresh Flat Leaf Parsley, chopped
- 1/2 tsp Kosher Salt
- 1/2 tsp Black Pepper

## Instructions

1. Add all ingredients to the inner liner of the Instant Pot. Stir (Make sure the beans are fully submerged so you don't get any crunchy ones).
2. Put the lid on, and set the steam release knob to the Sealing position.
3. Press the Pressure Cook or Manual button or dial, then the +/- button or dial to choose 45 minutes.
4. When the cooking cycle ends, turn off the pot and let it naturally release pressure for 20 minutes.
5. Carefully release the remaining steam manually, using short bursts at first to make sure the soup won't spew out of the steam release knob. When all steam is out of the pot, and the pin in the lid drops, open the lid facing it away from you.
6. Serve hot with some nice bread or rolls.

## Recipe Notes

\*I soak my beans for 2 hours and use 35 minutes for this recipe. If you don't soak your beans, try 45 minutes and add more time if you need to.