

SIMPLE HAM & BEAN SOUP



Serving Size: 8

Ingredients:

Fennel & Fire Ingredients:

- * Pasta Toss
- * Fire Salt

Other Ingredients:

- * Left over ham hock/ ham
- * One 20 oz bag of 15 bean soup
- * One 24 oz can of petite chopped tomatoes
- * 1 tsp fresh lemon juice

Pantry Ingredients:

- 4 cups chicken broth
- 4 cups vegetable broth
- 1-2 tsp Pickapepper sauce
- 2 tsp Worcestershire sauce
- 1 tsp apple cider vinegar
- 1-2 tsp Peperoncini juice
- 8 tsp chopped Peperoncini
- Dash of an Arkansas hot sauce

Directions:

Overnight:

- 1.) Place beans in a large pot. Cover with at least 8 cups of water. Let soak overnight.

Morning Prep:

- 1.) Drain the soaked beans and transfer them to a crock pot.
- 2.) Add the thawed ham hock and ham bits to the crock pot.
- 3.) Pour in 4 cups of chicken broth and 4 cups of vegetable broth.
- 4.) Cover the crock pot and set it low for 8-10 hours.

Evening Prep (30 minutes before serving):

- 1.) Remove any larger pieces of ham from the crock pot onto a cutting board. Cut them into smaller bite-sized pieces and return them to the crock pot.
- 2.) Add the can of petite tomatoes, one tablespoon of Pasta Toss, one to two teaspoons of pickapepper sauce and two teaspoons of Worcestershire sauce to the crock pot. Stir, Heat on high for 30 more minutes.
- 3.) Add one teaspoon of lemon, one tsp peperoncini juice, and one tsp vinegar to crock pot and stir to combine. Add more to taste
- 4.) Season to taste with Fire Salt.

Plate

- 1.) Pour soup into individual bowls.
- 2.) Garnish with chopped peperoncini, sprinkle of Pasta Toss and dash of Arkansas hot sauce.