

Ham and Pinto Bean Soup

American

A hearty Southern-style bean dish using uncured or low-sodium store-bought ham.

Ingredients:

- * 1 pound Dried pinto beans (Rinsed and sorted)
- * 8 cups Water (Plus more as need...)
- * 12 ounces Uncured or low-sodium ham steak (Diced small)
- * 1 medium Yellow onion (Chopped)
- * 2 each Garlic cloves (Minced)
- * 1/2 teaspoon Kosher salt (Add more only at ...)
- * 1/2 teaspoon Black pepper
- * 1/2 teaspoon Smoked paprika
- * 1 each Bay leaf (Optional)



Instructions:

1. Optional soak: Soak beans overnight in water. Drain and rinse.
2. Combine beans, water, diced ham, onion, garlic, salt, pepper, paprika, and bay leaf in a large pot or slow cooker.
3. Stovetop: Bring to a boil, reduce to a gentle simmer, and cook 2–3 hours until beans are tender.
4. Slow cooker: Cook on LOW 6–8 hours or HIGH 4–5 hours until tender.
5. Taste and adjust seasoning only at the end. Remove bay leaf before serving.

Servings: 6 | Serving size: 1 1/2 cups | Calories: 350 | Protein: 25g