

# Easy Ham and Bean Soup



4.43 from 368 votes

This quick and easy ham and bean soup is packed full of white beans, smoked ham, carrots, and onions. It's ready in just 30 minutes and a hearty way to use up all that leftover holiday ham.

Prep Time 5 mins	Cook Time 25 mins	Total Time 30 mins
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Course: Main Course, Soup    Cuisine: American

Keyword: bean and ham soup, canned bean soup, easy ham soup, ham and bean soup, white bean soup

Servings: 6 servings    Author: Brandy O'Neill

## Ingredients

- 1 tablespoon olive oil
- 3 medium carrots small dice
- 1 small onion small dice
- 2 cloves garlic minced
- 1 tablespoon fresh thyme leaves
- 4 (15.5 ounce) cans Great Northern white beans 62 ounces in total
- 3 cups chicken stock
- 2 cups diced smoked ham
- 1 smoked ham hock
- 2 dried bay leaves
- 1/2 teaspoon Kosher salt more if needed
- 1/2 teaspoon black pepper
- 1/4 cup minced parsley

## Instructions

1. Add olive oil to a 5-quart soup pot and set over medium-high heat.
2. When the oil is hot add in the carrots and onions. Cook for about 5 minutes or until the onions just start to soften and turn translucent.
3. Add in the garlic and thyme leaves and stir to combine.
4. To the pot add all the beans with the juice from their cans, chicken stock, diced ham, ham hock, and bay leaves. Stir to combine.
5. Simmer the soup for 10-15 minutes or until it's slightly thickened.
6. Taste and season with the desired amount of kosher salt and black pepper.
7. Stir in parsley and serve hot.

## Notes

- We're using canned Great Northern beans for this recipe, but you could also use navy or cannellini beans.

- This soup also freezes beautifully! Just place it into a freezer-safe container and freeze for up to 3 months. To cook after frozen, let the soup defrost, add it to a soup pot, and simmer gently until warmed. If it is thick, you can thin it out with chicken stock.

## Nutrition

Serving: 6servings | Calories: 553kcal | Carbohydrates: 71g | Protein: 40g | Fat: 13g | Saturated Fat: 3g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 5g | Cholesterol: 55mg | Sodium: 1160mg | Potassium: 1400mg | Fiber: 16g | Sugar: 5g | Vitamin A: 5368IU | Vitamin C: 12mg | Calcium: 189mg | Iron: 6mg