

Ham Bone and Beans (Crock Pot)

Just one more way to use the leftover ham and bone after Christmas. This one is the most traditional. First tried this recipe in 2017.

1 meaty ham bone or 4 -6 ham hocks
1 large yellow onion, chopped
2 stalks celery, minced
1 carrot, shredded (optional)
2 bay leaves
1 tablespoon minced garlic
1lb great northern bean, rinsed and picked over
6 -8cups low sodium chicken broth
1/2 teaspoon pepper (or to taste)

- Add onion and celery to crock pot.
- Place ham bone or hocks on top of onion and celery.
- Pour rinsed beans around ham and sprinkle with pepper.
- Add bay leaves and garlic.
- Add chicken stock and stir to combine all ingredients cover and cook on low for 8 hours.
- When ham is tender (6-7 hours) Remove meat from bones (discarding fat and bones) and return meat to the pot. Stir to combine and break up ham pieces.
- To thicken smash some of the beans on the side of crock pot.
- When done skim any fat off and discard bay leaves.



