



15 Bean and Ham Soup

Ingredients:

3 TB vegetable oil	2 TB Dijon mustard
2 lbs. ham steak, cubed	1 can (15oz.) petite fire roasted diced tomatoes
1 large onion, chopped	2 TB Worcestershire sauce
3 stalks celery, chopped	1 TB chili powder
1 bag baby carrots, halved	3 bay leaves
1 TB garlic, minced	1 tsp ground black pepper
12 cups (3 boxes) low sodium chicken stock	1 TB dried parsley
1 (20 ounce) package 15 bean mixture	1 tsp dried thyme
1 lb. baby lima beans	juice of one half lemon
1 smoked ham hock, wrapped in cheese cloth	1 tsp kosher salt, upon serving

Method:

Saute onion, celery in oil for 5 minutes over high heat until soft. Add minced garlic and saute a minute or so more. Add to pressure cooker. Add cubed ham to pan and sauté 5 to 10 minutes.

Add 10 cups of chicken stock to pressure cooker. Wrap the smoked ham hock in cheese cloth and add to pressure cooker. Add the remainder of the ingredients, combine well and bring to a boil. Lid the pressure cooker.

Bring cooker to full pressure and lower to med heat (4.0). Cook for 35 minutes.

Allow cooker to release pressure on it's own - approx. 20 minutes.

Add 2 cups of chicken stock to soup and stir. (adding before hand will not allow enough room in the pressure cooker to produce steam.)

Add 5 scoops per bowl for 6 bowls.

Tuesday, November 4, 2025