

Creole White Bean Soup

About 6-8 Servings

Ingredients:

2-4 cloves garlic
1 green chili (seeded)
¾ cup diced white or yellow onion
¾ cup minced celery
¼ cup diced red bell pepper
¼ cup diced carrot

½ cup ham or pancetta, diced
1 (8 oz) can tomato sauce
2 (16 oz) cans navy beans
4 cups of low sodium vegetable stock

Salt, black pepper and cayenne pepper
2-3 bay leaves
Olive oil



Instructions:

Dice all vegetables and ham. Rinse navy beans in colander to clean and remove salt.

In soup pot on medium heat, sauté vegetables and ham in olive oil until tender. Add tomato sauce, beans, bay leaves and vegetable stock. Add salt, black pepper and cayenne pepper to taste. Reduce heat, cover and let simmer for about 20 minutes.

Remove bay leaves. Using blender or food processor, puree the soup in small batches. Add pureed soup back to pot and let sit for another 5 or so minutes.

Cooking Tips:

- To create texture interest, don't puree the entire soup. Set aside a portion and then add back to pureed soup in pot.
- Leftover ham from holiday meals is perfect for this soup.

