

# Doc's Navy Bean Soup

**PREP TIME** 10 minutes

**COOK TIME** 110 minutes

**SERVES** 6 to 8



## INGREDIENTS

- 1 pound dry navy beans
- 1 can (14.5 oz.) cannellini beans
- 4 cups hot water
- 1 medium yellow onion
- 1 large carrot
- 1 stalk celery
- 2 cloves garlic and/or garlic powder
- 8 ounces thick-cut cooked ham
- 2 tablespoons olive oil
- 1 tsp. ea. oregano, basil, parsley
- 1 teaspoon black pepper
- 1 teaspoon salt, plus more to taste
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 6 cups (or four 14.5 oz cans) low-sodium chicken broth
- 2 tablespoons butter

## INSTRUCTIONS

1. Rinse 1 pound dried navy beans and remove and discard split, broken, or discolored beans. Place the beans and 4 cups hot water in a large, heavy pot or Dutch oven. Bring to a boil over medium-high heat. Boil for 2 minutes, then remove the pot from heat. Cover and let soak for 1 hour.
2. Meanwhile, finely chop 1 medium yellow onion (1 1/2 to 2 cups), 1 large carrot (1/2 cup), and 1 medium celery stalk (1/2 cup). Finely chop 2 garlic cloves. Dice 8 ounces thick-cut cooked ham (1 cup).

3. When the beans are done soaking, pour through a colander to drain. Wipe the pot clean. Add the cannellini beans. (You may wish to first mash these larger beans and 1/3 of the navy beans.)
4. Heat 2 tablespoons olive oil in the same pot over medium heat until shimmering. Add the onion, carrot, and celery, and cook, stirring occasionally, until fragrant and begin to soften, about 3 minutes. Add the ham, garlic, 1 teaspoon black pepper, 1 teaspoon salt, 1/2 teaspoon dried thyme, and 1/2 teaspoon dried rosemary, and other spices. Sauté until fragrant, 1-2 minutes.
5. Add the beans and stir to combine. Add 6 cups low-sodium chicken broth and bring to a boil over high heat. Reduce the heat to medium-low and simmer gently, stirring occasionally, until the beans are tender, 90 minutes to 110 minutes.
6. Add 2 tablespoons butter and stir until melted. Taste and season with more salt as needed.

## RECIPE NOTES

**Make ahead:** To soak the beans overnight, rinse the beans and discard any broken or discolored pieces. Place in a large heavy pot or Dutch oven, then add enough cold water to cover the beans by 2 inches. Cover and let sit at room temperature overnight, and continue with Step 2 the next day, skipping the quick boil.

**Storage:** Leftovers can be refrigerated in an airtight container for up to 1 week. To freeze navy bean soup, let the soup cool completely, then freeze in an airtight container for up to 3 months. Thaw the soup in the fridge overnight before reheating on the stovetop.