



## Ham and Beans and More



Gluten Free



Popular

READY IN



870 min.

SERVINGS



8

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 5 slices bacon
- ☐ 2 bay leaves
- ☐ 1 tablespoon butter
- ☐ 0.3 cup celery chopped
- ☐ 4 cups chicken stock see
- ☐ 1 pound ham cooked cut into bite-size pieces
- ☐ 1 pound cannellini beans dried rinsed
- ☐ 1 teaspoon parsley dried

- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 pinch ground pepper fresh black to taste
- ☐ 2 leeks cut in half lengthwise (bulb only)
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion chopped
- ☐ 1 pinch sea salt to taste
- ☐ 4 cups water

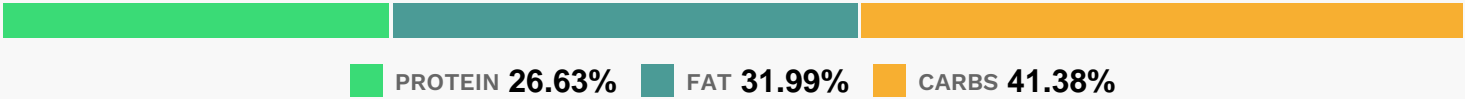
## Equipment

- ☐ frying pan
- ☐ potato masher
- ☐ slow cooker

## Directions

- ☐ Place the beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight.
- ☐ Drain and rinse before using.
- ☐ Combine the soaked beans, 4 cups of water, celery, onion, bay leaves, cumin, garlic powder, and parsley into a slow cooker.
- ☐ Melt the butter with the olive oil in a skillet over medium heat; cook and stir the leeks in the butter mixture until tender and the smaller pieces start to brown, 8 to 10 minutes.
- ☐ Transfer the leeks to the slow cooker. In the same pan, cook and stir the ham until the edges start to brown; stir into the soup.
- ☐ Place the bacon into the hot skillet, and pan-fry until the bacon is crisp, about 10 minutes.
- ☐ Cut the bacon into bite-size pieces and stir into the soup.
- ☐ Pour the chicken stock into the hot skillet, and stir to dissolve any brown flavor bits from the skillet; pour the chicken stock into the soup. Season with sea salt and pepper.
- ☐ Set the cooker to Low cook the soup until the beans are very tender, 6 to 8 hours. Roughly mash about half the beans with a potato masher to thicken the soup.

# Nutrition Facts



## Properties

Glycemic Index:22.88, Glycemic Load:1.09, Inflammation Score:-8, Nutrition Score:27.149565162866%

## Flavonoids

Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

## Nutrients (% of daily need)

Calories: 423.76kcal (21.19%), Fat: 15.13g (23.28%), Saturated Fat: 4.54g (28.36%), Carbohydrates: 44.04g (14.68%), Net Carbohydrates: 31.95g (11.62%), Sugar: 4.47g (4.96%), Cholesterol: 57.83mg (19.28%), Sodium: 955.09mg (41.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.35g (56.7%), Folate: 298.25µg (74.56%), Vitamin B1: 0.77mg (51.34%), Phosphorus: 483.9mg (48.39%), Fiber: 12.09g (48.36%), Manganese: 0.97mg (48.27%), Selenium: 24.29µg (34.7%), Magnesium: 134.66mg (33.67%), Potassium: 1164.42mg (33.27%), Copper: 0.66mg (33.09%), Vitamin B6: 0.58mg (28.85%), Vitamin B3: 5.69mg (28.44%), Iron: 4.46mg (24.78%), Vitamin C: 19.91mg (24.13%), Vitamin B2: 0.39mg (23.22%), Zinc: 2.97mg (19.83%), Vitamin K: 16.43µg (15.65%), Vitamin B12: 0.87µg (14.52%), Calcium: 128.44mg (12.84%), Vitamin B5: 1.25mg (12.47%), Vitamin A: 440.32IU (8.81%), Vitamin E: 0.73mg (4.88%)