Smokey Ham and Bean Soup

Prep: 15 minutes | Cook: 30 minutes | Total: 45 minutes

Yield: 5 servings | Serving Size: 2 cups

Ingredients

1 tablespoon olive oil
1 medium onion, diced (about 1 cup)
4 stalks celery, diced (about 1 cup)
3 medium carrots, diced (about 1½ cups)
2 cloves garlic, minced (about 1 teaspoon)
¼ - 1 teaspoon smoked paprika or liquid smoke, to taste
¼ teaspoon crushed red pepper flakes
1 (28-ounce) can no-salt-added crushed tomatoes
4 cups (32 ounces) low-sodium chicken broth
1 (15-ounce) can no-salt-added great northern beans, drained and rinsed
1 cup cooked ham, diced

Directions

1. Heat a large saucepan or pot over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion, celery, and carrots. Cook, stirring often, until softened, about 7-10 minutes.
4. Add the garlic, smoked paprika or liquid smoke, and red pepper flakes. Cook, stirring constantly, until fragrant, about 30-60 seconds.
5. Add the tomatoes with their juice and cook, stirring occasionally, for 10 minutes.
6. Add the broth, beans, and ham.
7. Bring to a simmer over high heat, then reduce the heat to maintain a simmer.
8. Cook until warmed through, about 7-10 minutes.

Recipe Notes

- For a creamier texture, mash ¼-½ cup of the beans before adding them to the soup.
- If desired, you can substitute chili powder or cumin for the smoked paprika or liquid smoke.