



# 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.
9. Serve warm.

## 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.

**Nutrition Facts Per Serving: Calories: 195 | Total Fat: 5.5 g | Saturated Fat: 1.5 g  
Sodium: 460 mg | Total Carbohydrate: 24 g | Dietary Fiber: 7 g | Protein: 13 g**

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