

Bean Soup

by Richard Drury

7 Cups water

1 pound beans (either all of one type or mixed)

1 ham hock

2 medium onions, diced

2 ribs celery, chopped

1 carrot, chopped

3 cloves garlic, chopped

1 teaspoon of salt

¼ teaspoon black pepper

1 bay leaf

Tomato paste (try ½ 6 oz. can, then adjust to taste)

2 tablespoons parsley leaves, chopped

Instructions

1. Soak beans in cold water overnight.
2. Place water, prepared beans, ham hock, onion, celery, carrot, garlic, salt, pepper, and bay leaf in pot and bring to a boil, then reduce to simmer for 2 hours
3. Remove ham hock and allow to cool enough to handle. Remove meat from bone and shred.
4. Add tomato paste and simmer 15 minutes.
5. Puree a portion if desired for more thickness.
6. Return meat to pot. Simmer 10 minutes
7. Remove bay leaf. Add parsley and serve.