

# QUICK HAM AND BEAN SOUP

🕒 35 MIN

## INGREDIENTS

- 2 tablespoons olive oil
- 1/2 large onion, chopped
- 3 celery stalks, chopped
- 3 medium carrots, peeled and sliced
- 3 garlic cloves, minced
- 2 teaspoons ground cumin
- 1 teaspoon dried thyme
- 1/2 teaspoon smoked paprika
- 2 quarts chicken stock
- 1 bay leaf
- 3 14.5 ounce cans cannellini beans, divided
- 3-4 cups cooked leftover ham, diced
- 1 1/2 cups frozen corn kernels
- Salt and pepper
- Chopped fresh parsley

## DIRECTIONS

Heat the olive oil in a large pot over medium heat. Add the onion, celery and carrot and saute for 8-10 minutes.

Stir in garlic, cumin, thyme and paprika and cook for 1 minute, stirring constantly. Add the chicken stock and bay leaf and bring to a simmer. Continue to cook, uncovered, for 10-15 minutes, or until carrots are tender. While the soup simmers, puree 1 can of the beans (with the liquid from the can) in a blender or food processor until smooth; set aside.

When carrots are tender, stir in the canned and pureed beans, ham and corn. Season to taste with salt and pepper and finish with parsley.

