

Ham and Bean Soup from Lorry Cowan

Ingredients:

1 lb.4 oz. bag, 16 variety dry bean mix
1/2 half large sweet Mayan onion diced
1 lb. can diced tomatoes, drained
one minced clove of garlic
1 grated carrot
1 lb. cooked ham cut in cubes or bite sized pieces
(You can use leftover spiral ham and bone)
1 ham bone
Worcestershire sauce
Goya seasoning
salt
pepper
Bay leaf
parsley
Cooking Sherry
(Optional 1 lb. black beans, rinsed and drained)

Prepare and Cook the Beans:

Rinse and sort dried beans, discard seasoning packet.
Cover beans in a large pot with 2 inches of water and
2 tsp. of baking soda. Bring beans to a rapid boil for 3
minutes. Skim surface well. Remove beans from heat
and let stand for 1 hour. (You may also let beans soak
overnight, 6-8 hours, as an alternative method of preparation.)
After soaking or cooking, rinse beans thoroughly in a colander.
Rinse and clean the pot. Put the beans back into the
8 quart pot with ham bone. Add fresh water to cover
two inches higher than the level of the beans in the pot.
Do not use more than 2 1/2 quarts of water total.
Bring to a boil and reduce to a simmer until beans are
tender, approximately 1-2 hours. You must skim frequently.
Do not boil the beans too hard as they will break. Add a little
water as necessary.

Add Other Ingredients:

Approximately 30 minutes before the beans are quite tender, add chopped tomatoes that have been drained, chopped onion, grated carrot, garlic, pepper, several shakes of Worcestershire sauce, Goya seasoning sprinkled on top, parsley, a bay leaf and 1/4 to 1/3 cup of cooking sherry.

Add salt carefully to taste. Now is the time to add optional drained and rinsed can of black beans if desired.

Also remove the ham bone and trim off pieces of ham cut into small pieces. Add to the soup. Discard ham bone. If using ham slices, cut into bit sized pieces and add to the soup. Simmer uncovered until the broth is reduced to your liking, at least an additional 1/2 hour or longer. The key is tender beans. Enjoy.