

INSTANT POT HAM AND BEAN SOUP

Recipe courtesy of ohiosoutherner.com

INGREDIENTS (6-8 SERVINGS)

- 1lb dried great northern beans
- 2 tbsp olive oil
- 1 large onion diced
- 2 stalks celery diced
- 2 large carrots diced
- 2 tsp salt
- 1 tsp black pepper
- 4 cups low sodium chicken broth
- 6 cups water, divided
- 1 large ham shank or ham hock
- 1/2 cup diced ham
- 3 sprigs of thyme (1/2 tsp dried thyme)
- 1/2 pkg of egg noodles



DIRECTIONS

1. Place the beans in the Instant Pot and cover with 4 cups water. Close and lock the lid of the Instant Pot and set to Sealing. Press Pressure Cook and adjust the time to 25 minutes. When the time is up, turn the valve to release the pressure (Venting) until the valve drops. Remove the lid and carefully remove the inner pot. Drain the beans and set aside.
2. Reinsert the inner pot and set to Saute. Once the display shows "HOT", add the olive oil and wait one minute. Add the onions, carrots and celery and cook until softened. Add the chicken broth and deglaze the bottom of the pot.
3. Add the beans, salt, pepper, ham, ham hock, thyme and 2 cups water to the pot. Close and lock the lid of the Instant Pot and set to Sealing. Select Pressure Cook and adjust the time to 25 minutes. When the time is up let the pressure release naturally for 10 minutes. Turn the valve to Venting to release the pressure until the valve drops. Remove the lid carefully.
4. Remove the ham hock and dice the ham, removing the bones and fat. Return the diced ham to the pot. Remove the stems of the thyme and discard.
5. Set the pot to Saute and add the egg noodles. Cook until the noodles are tender. This should be about 10 minutes. Add extra salt and pepper if needed.