**Bean and Ham Hock Soup**

**Ingredients**

* 16 ounce bag great northern or navy beans
* 1 tablespoon olive oil
* 2 carrots, chopped into 1/4″ thick half moons, about 1.5 cups
* 3 celery stalks, chopped into 1/4″ thick half moons, about 1.5 cups
* 1 yellow onion, chopped medium, about 1.5 cups
* 2 cloves of garlic, minced
* 8 cups [chicken stock](https://www.tasteslovely.com/instant-pot-chicken-stock-bone-broth-paleo-whole30-keto/)
* 1 large or small 2 smoked ham hocks
* [salt](https://rstyle.me/+ejFwGNPjUj6MDK4UDeR1wA) and pepper

**Instructions**

1. In a [large bowl](https://rstyle.me/+A19sOw_2H6PfBYWW_QNM4g), soak the dried beans in cold water for at least 12 hours, removing any debris that floats to the top.
2. Heat a [large pot](https://rstyle.me/+lfdmRtW1ERAy4WhwdWWi5Q) over medium heat. Add in the olive oil and cook the carrots, celery and onion with just a pinch of [salt](https://rstyle.me/+ejFwGNPjUj6MDK4UDeR1wA) until they begin to soften, about 5 minutes. Add in the garlic, cooking until fragrant for another minute, then add in the [chicken stock](https://www.tasteslovely.com/instant-pot-chicken-stock-bone-broth-paleo-whole30-keto/) and ham hocks. Strain the beans from the water and add to the soup. Do not add in any more [salt](https://rstyle.me/+ejFwGNPjUj6MDK4UDeR1wA) since the beans absorb the [salt](https://rstyle.me/+ejFwGNPjUj6MDK4UDeR1wA) and can get too salty. Season with [salt](https://rstyle.me/+ejFwGNPjUj6MDK4UDeR1wA) at the end of cooking.
3. If you are cooking in a crock pot, add all the ingredients to your [slow cooker](https://rstyle.me/+5vshkOTSAiX3ZF1YjZXYHw) and cook on low for 8 hours or high for 4 hours. If you are cooking on the stove, reduce heat to low and cook uncovered for 3 hours.
4. After the soup is done cooking, skim any fat from the top of the soup. Remove the ham hocks, and shred the ham meat. Add the ham meat back to the soup, discard the skin, bone and any fat. Taste and season for [salt](https://rstyle.me/+ejFwGNPjUj6MDK4UDeR1wA) and pepper.
5. Serve warm immediately. Will keep an an [airtight container](https://rstyle.me/n/dectbtci6ux) for 1 week.

**Notes**

If you don’t have time to soak your beans overnight, you can do a “quick soak” by cooking the beans in unsalted boiling water for 5 minutes, then covering, turning off the heat, and allowing to sit for 1-2 hours.