

Southern Ham and Bean Soup adapted from Melissa Clark

2 tablespoons unsalted butter 2 teaspoons hot sauce, such as Frank's, plus more for serving 6 ounces cornbread (homemade, this page, or store-bought), cut into 1 ¾-inch cubes(2 cups)

2 tablespoons extra-virgin olive oil

1 small onion, diced

2 garlic cloves, minced

1 celery stalk, diced

1 pound slab ham, cut into 1-inch cubes

1 15-ounce can navy beans, drained and rinsed/I wanted more beans son add another can if you like

1 red bell pepper, seeded and diced

2 cups sliced collard greens

1 tablespoon paprika

1 teaspoon kosher salt

Freshly ground black pepper

Dashes of hot sauce

4 cups of water/I prefer chicken broth and add 1 additional cup because at least that much will simmer down making the ham broth

***optional smoked ham hock to simmer in the broth/ simmer ham hock in the broth for at least 30 minutes**

TOTAL TIME: 45 MINUTES SERVES 4

If making the croutons: Heat the oven to 300 ° .

In a small bowl, combine the melted butter with the hot sauce. Brush this over all sides of the cornbread cubes, and place them on a rack set over a half sheet pan. Bake the croutons for 30 minutes. Then remove them from the oven and set them aside, still on the rack.

Heat olive oil in a large pot over medium-high heat. Add the onion, garlic, and celery, and let them sweat and turn golden, stirring occasionally, 10 to 15 minutes.

Add 4 cups of water or broth and the ham, beans, bell pepper, and collards.

Bring to a simmer and season with the paprika, salt, and black pepper.

Take the back of a spoon and mash some of the beans on the inside of the pot (this will help to thicken the soup). Cook for another 15 to 20 minutes. 5. Season the soup to taste, and ladle it into warmed bowls. Add a few dashes of hot sauce to each serving, and top with the cornbread croutons.

Clark, Melissa (2017-03-07). Dinner: Changing the Game (Kindle Locations 5630-5636). Potter/TenSpeed/Harmony. Kindle Edition.

<http://goaskalice.columbia.edu/answered-questions/dining-outs-effects-health>