

# New Year's Ham, Kale & White Bean Soup

*Recipe Courtesy of Casey McGuire,  
Intracoastal's Designer and Marketing Coordinator*

Enjoy renewed health in 2017 with our warm and inviting soup. January's recipe is a healthy kale and white bean fusion incorporating the salty ham and soothing broth left over from your bountiful Holiday feast. Our seasonal remedy will soothe away the winter chills and ills for renewed health and happiness in your home. Be sure to share our recipe pick with family and friends during the New Year!



## *Ingredients:*

- 1 Leftover Ham Bone
- 4 cups chicken stock
- 5-6 medium–large carrots
- 4 celery stalks
- 2 onions
- Garlic
- Bay Leaf
- ½ Tsp whole peppercorns
- 2 cans white beans (cannellini or great northern)
- 8 oz. or 1 large bunch of kale

## *Directions:*

1. Simmer leftover ham bone with 1 onion, 4 cloves garlic, 2 carrots, 2 celery stalks, peppercorns and bay leaf in chicken stock for 2-3 hours.
2. Remove bone and pull meat off for soup. Discard bone and strain stock.
3. Sauté remaining onion, garlic cloves, carrots and celery in olive oil until soft. Add back in stock, shredded ham, 2 cans of white beans and kale.
4. Simmer until warmed through. Serve with red wine vinegar, shaved parmesan and crusty bread.