



HAM AND MIXED-BEAN SOUP WITH KALE is excerpted from [Better Homes and Gardens Fast or Slow](#) © 2018 by Meredith Corporation. Photography © 2018 by Meredith Corporation. Reproduced by permission of Houghton Mifflin Harcourt. All rights reserved.

HAM AND MIXED-BEAN SOUP WITH KALE

WEEKNIGHT

HEALTHY

Makes 6 servings

1 cup mixed dried beans, such as kidney, pinto, cannellini, navy, and/or Great Northern

1½ lb. cooked smoked pork hocks or meaty ham bones

1 Tbsp. olive oil (pressure cooker only)

Water (5 cups pressure cooker; 3 cups slow cooker)

1 14.5-oz. can reduced-sodium chicken broth

1½ cups sliced celery

1½ cups sliced carrots

1½ cups sliced leeks

2 Tbsp. snipped fresh rosemary or 2½ tsp. dried rosemary, crushed

1 bay leaf

¼ tsp. black pepper

3 cups torn kale

Salt

FAST: 40-MINUTE COOK TIME

1. Rinse beans; drain. In a 6-qt. electric pressure cooker use the saute setting to cook pork hocks in hot oil until browned. For a stove-top cooker, cook pork hocks directly in the pot over medium-high heat. Add beans, 5 cups water, and the next seven ingredients (through pepper). Lock lid in place. Set an electric cooker on high pressure to cook 40 minutes. For a stove-top cooker, bring up to pressure over medium-high heat; reduce heat enough to maintain steady pressure. Cook 40 minutes. Remove from heat.
2. For both models, let stand 15 minutes to release pressure naturally. Release any remaining pressure. Carefully open lid. Remove pork hocks and cool slightly. Remove and discard bay leaf. If desired, mash beans slightly. When hocks are cool enough to handle, cut meat off bones and chop meat; discard bones. Stir meat and kale into soup. Set electric cooker on saute setting or place stovetop cooker over medium heat; cook just until kale is wilted. Season to taste with salt and additional pepper.



SLOW: 11-HOUR LOW OR 5½-HOUR HIGH COOK TIME

1. Rinse beans; drain. In a large saucepan combine beans and enough water to cover beans by 2 inches. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes. Remove from heat. Cover and let stand 1 hour. Drain and rinse beans. In a 5- to 6-qt. slow cooker combine beans, 3 cups water, and the next seven ingredients (through pepper). Cover and cook on low 11 to 13 hours or high 5½ to 6½ hours. Turn off cooker.
2. Remove pork hocks and cool slightly. Remove and discard bay leaf. If desired, mash beans slightly. When hocks are cool enough to handle, cut meat off bones and chop meat; discard bones. Stir meat and kale into soup. Let stand, covered, 10 minutes or just until kale is wilted. Season to taste with salt and additional pepper.

PER SERVING: 275 cal., 11 g fat (4 g sat. fat), 35 mg chol., 675 mg sodium, 29 g carb., 11 g fiber, 4 g sugars, 18 g pro.



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