

## **Crock Pot Creamy Navy Bean and Ham Soup**

1 pound dried navy beans  
1/2 medium onion  
6-8 baby carrots  
2 stalks celery  
2 teaspoons minced garlic  
1 teaspoon dried parsley flakes  
Ground black pepper, to taste  
Salt to taste, if needed  
4 to 5 cups ham broth  
1 to 2 cups diced cooked ham  
About 1 cup diced tomatoes

Rinse and sort the dried navy beans, then soak overnight in a pot covered an inch over with water. The next day, reserve 4 cups of the soaked navy beans, and freeze the rest of the beans in a resealable freezer bag for future use. Add the beans to a 3-quart crock pot.

Add the onion, carrots and celery to a food processor, and pulse several times until roughly chopped. (I had to do this in batches.) Scrape the veggies into the crock pot, then add the garlic, seasonings, ham broth, and ham. Cook on low 8 to 10 hours or on high 4 to 5 hours.

About an hour before serving, remove about two cups of the beans and vegetables and puree until smooth in a food processor or blender, then return to the crock pot. Now add the diced tomatoes and cook for the last hour until ready to serve.