

Dairy Free Ham and Potato Soup

Have leftover ham and don't know what to do? Try out this filling soup, a perfect mix of ham and vegetables, this soup will make everyone happy!

Preparation Time: 15 min

Cooking Time: 40 min

Servings: 6

Amount	Ingredient	Cost – date:
1/4 cup	Olive Oil	
1 Large	White Onion, diced	
1 Large	Celery Stalk, diced	
1 Large	Carrot, diced	
6 Stalks	Fresh Thyme (or use 1 tsp dried thyme instead of fresh thyme stalks)	
1 1/2 cups	Ham, cooked, diced	
5 Tbsp (45 g)	Gluten Free Flour	
1 1/2 pounds	Russet Potatoes, diced into 1/2 inch cubs	
5 cups (1.2 Litres)	Chicken Stock	
2 dried or 1 fresh	Bay Leaf	
2 cups	Kale, stalks removed and cut into bite sized pieces (OPTIONAL)	
1/2 – 1 tsp	Salt (amount of salt needed will vary depending on choice of stock)	
1/2 tsp	Black Pepper, freshly ground	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

1. Warm the olive oil in a large soup pot over a medium heat. Add the onion, celery and carrot and pinch of salt. Cook 8-10 minutes until onion is translucent and soft.
2. Add the thyme stalks and ham and cook 2 minutes. Stir in the flour and cook another 2 minutes.
3. Stir in the potatoes. Add the chicken stock and bay leaves and mix everything together. Raise the temperature to bring the soup up to a boil the reduce the heat down to maintain a gentle simmer. Let the soup simmer at least 15 minutes until the potatoes are fork tender.
4. Stir in the kale and cook another few minutes until the leaves have wilted and softened.
5. Add 1/2 teaspoon salt and black pepper. Taste your season and season with more salt as needed. Take this time to pick out the bay leaves and any thyme stalks floating around. The thyme leaves should have naturally fallen off by this point.
6. Serve hot and enjoy. Keep leftovers stored in the fridge for 3-4 days.

SOURCE: www.asaucykitchen.com

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Thanks for coming to Forest Brook Community Church today! We look forward to having you join us again to make another great recipe, enjoy some food and community!