

Beans and Ham (hocks)

Ingredients

- couple pounds dried beans (navy, pinto or great northern beans)
- 1 tablespoon extra virgin olive oil
- 1 onion, chopped
- 2 garlic cloves, peeled and minced
- couple smoked ham hock or couple pounds of cooked ham
- 2 bay leaves
- 1/2 teaspoon kosher salt (optional - I don't use any)
- 1/2 teaspoon black pepper
- 1/2 tablespoon fresh oregano, chopped
- 1 tablespoon fresh parsley, chopped
- Water (and 1 can of chicken broth)

Instructions

1. Rinse and sort beans to remove any debris. Soak beans in a large pot of cold water overnight. You can also do a quick soak instead of the overnight soak. To quick soak beans, Place rinsed and sorted beans in a large pot or dutch oven. Cover with 2 inches of water. Bring to a boil over high heat; once boiling turn off heat and cover. Let sit for 1 hour.
2. In a large pot or dutch oven, heat oil over medium-low heat. Add onion, garlic and a pinch of salt; saute for about 2 minutes.
3. Strain the water from the soaked beans.
4. To the onions add the soaked beans, can of chicken broth and enough water to the top of the beans, bay leaves, ham (hock), oregano and parsley, salt, and pepper and bring to a boil over high heat. Once boiling, reduce heat to a simmer. Simmer for 2 to 3 hours until the beans are tender. Remove the ham off of the ham hock, break the ham up into chunks and return. Taste and add any additional salt and pepper if needed. Remove bay leaves and serve warm.

(last time I did this (06.28.14) it took 4.5 hours for the beans to get tender using a slow simmer)