

Soup

Hearty Ham Soup #2



Ready in **45-60 minutes**

Serves **4-6**

Ingredients

- 1 small ham bone
- ½ - 1 lb. leftover ham, chopped
- 1 onion, chopped
- 2 medium potatoes, coarsely chopped
- For Garni' fresh herbs: rosemary, oregano, a little of whatever else you have in your garden, 3 cloves of garlic
- Optional orange peel
- ½ tsp cloves
- ½ tsp allspice
- 2 Tbsp Worcestershire sauce
- 2 Tbsp Shoyu
- 2 carrots, peeled and chopped
- 4 stocks of celery, chopped

Preparation

1. Add Soup bone and chopped up ham into a large pot, cover with water.
2. Add onion, potatoes, orange peel, garni', cloves, and allspice.
3. Remove orange peel after 20 minutes of simmering.
4. Add the carrots and celery in the last 20 minutes of cook time, so they won't be too soft.

Tips

Simmer for 45-60 minutes. Remove bone before serving.

Spiritual Message from this recipe

Making soup is a special opportunity to slow down and create a special, memorable experience. Some of my favorite memories have to do with smelling the delicious aroma coming from my mother's kitchen. I savor the memories. Create some of your own with this soup. Be present. Eat joyfully.