

Soup

Savory Ham & Vegetable Soup



Ready in **1 hour**

Serves **4-6**

Ingredients

- 2 - 2 ½ pounds of honey ham, with the bone
- 2 Tbsp olive oil
- 1 onion, chopped
- 10 cups water
- 3 bay leaves
- 1 tsp seasoned salt
- Garni of rosemary & oregano
- 3 cloves of garlic, minced
- 1 Tbsp Worcestershire sauce
- ½ tsp allspice
- 1 cup of barley
- 3 celery stalks, chopped
- 2 medium carrots peeled and chopped
- 1 cup fresh green beans, chopped
- Zest of half a lemon
- Optional - 1 Tbsp Italian parsley for garnish

Preparation

1. In a large pot, saute the onion in olive oil until soft.
2. Add water and ham.
3. Add bay leaves, seasoned salt, rosemary, Worcestershire sauce, oregano, allspice, and garlic.
4. Bring to a boil and let simmer for 30 minutes.

5. Add barley and simmer for 10 minutes.
6. Add the celery, carrots and green beans and cook for 10-15 minutes, until medium firm, do not over cook.
7. Add the zest of lemon right before serving. Add parsley if desired. Serve hot!

Tips

This is another meal I could include in Mai's March Madness, where I cut my grocery bill by \$500 by cooking only from my fridge, freezer and pantry. I had the ham in the freezer left over from Christmas. Everything else I had in my fridge and pantry. This would be made at the beginning of March, while I still had fresh veggies in my fridge.

Spiritual Message from this recipe

Ask for guidance. I never made this before. I went online for guidance and picked out what I liked in various recipes and then made my own version. I listened to what else was whispered to me while I was cooking - the adding of Worcestershire sauce, zesting the lemon right before serving. The process of making this soup was a spiritual and satisfying experience. I felt my Grandma and Great Grandma with me.