



## *The Edible Garden*

Recipe featured at *Fiesta de Flores y Comida*, September 25

### **White Bean and Leek Soup**

By: Chef Elsie Ramos, chef and author of *Turkey Tacos and Arroz con Pollo*

#### **Ingredients**

1 pound bag of dry white beans, soaked overnight  
1 bunch leeks, rinsed and coarsely chopped  
1 bunch of scallions, finely chopped  
1 large ham steak, cut into small bite size pieces without fat  
3 Idaho potatoes, peeled and cut into bite size pieces  
1 16-ounce container of low sodium chicken broth  
1 large Vidalia onion, peeled and coarsely chopped  
3 cloves garlic, minced  
Extra virgin olive oil  
Salt and pepper

#### **Instructions**

1. Add the soaked beans and 1 cup of water to a pressure cooker and cook for 40 minutes. Turn off and let it sit for about 10 minutes before releasing the steam.
2. In the meantime, pour olive oil to coat the bottom of a stock pot and heat on low. Add the chopped ham pieces and cook until light crispy; about 5 to 7 minutes. Remove from the pot and set aside.
3. In that same oil, add the minced garlic and cook until lightly browned, then stir in the chopped onions and leeks. Cook until onions and leeks are lightly browned and softened.
4. Carefully open the pressure cooker and, using a ladle, add two scoops of the beans with some water into the onion and leek mixture. Using a hand blender (or transfer the mix to a regular blender), puree the beans, onion, leeks and garlic.
5. Drain the rest of the beans and add them to the puree. Stir in the potatoes, cooked ham pieces, and chicken broth and bring the stock pot to high heat.
6. Cook until potatoes are soft and then add salt and pepper if desired. Do not salt the dish until some of the broth has evaporated since the ham releases some salt into the dish. Serve hot and topped with chopped scallions.

