



ThompsonsBeans.com

Bob's Barley and White Bean Soup

250 g (1 cup) Thompsons white pea beans (sort & rinse)
2 L (8 cups) water
25 mL (2 tbsp.) butter
1 small onion (finely chopped)
2 leeks (rinsed and sliced)
75 g (1/3 cups) Thompsons pearl or pot barley (rinsed)
1 clove garlic (minced)
1 stalk celery (finely chopped)
1 medium carrot (shredded)
2 smoked ham hocks (approx 1 kg or 2 lbs.)
1 bay leaf
.5 mL (1/8 tsp.) white pepper
Salt (optional)
Parsley (chopped for garnish)

Directions

Sort and rinse beans. SOAK BEANS OVERNIGHT in cold water. Drain. Add 1.25 L (5 cups) cold water, cover. Heat to boiling, simmer 30 minutes or until nearly tender. Drain. In a large pot or dutch oven, melt butter. Add onion, leeks, and barley and sauté until onion is transparent. Stir in garlic, celery, and carrot and cook 2 to 3 minutes. Add ham hocks (or ham bone), 2 L (8 cups) water, beans, bay leaf, and pepper. Bring to a boil, cover, reduce heat and simmer until meat separates easily from bone (2 1/2 to 3 hours). Remove ham hocks or ham bone; when they are cool enough to handle, remove and discard bones and skin. Discard bay leaf. Return meat in chunks to the soup. Salt to taste. Sprinkle each portion with parsley or chives, and serve.

Dry beans are harvested in their natural state and are processed with care. However, please sort, examine and rinse beans prior to cooking.

Les haricots sont récoltés à l'état naturel et sont traités avec soin. Toutefois, s'il vous plaît trier, examiner et rincer les haricots avant la cuisson.