

Ham Hock and Lima Bean

Thom Hackett

Original Recipe from California Dry Bean Advisory Board

Serves: 10



Ingredients

1 large meaty ham hocks
1 garlic clove, minced
4 onion, peeled, quartered
salt, to taste
8 cups lima beans, cooked and drained
3 celery stalk
3 carrot, cut in pieces

Cooking Method

Cover ham hocks with water.

- Add onions and garlic, and simmer until tender (about 2 hours).
1. Add celery and carrots for last hour of cooking.
 2. When ham is done, remove from pot to cool until it can be handled.
 3. Remove skin and bones and cut meat into bite-size pieces.
 4. Return ham to pot and add drained Limas.
 5. Cook uncovered for about an hour.
 6. Taste, adding salt if needed.
 7. Mixture should be thick soup consistency.
 8. Add water to thin or mashed beans to thicken.
 9. Serve hot in individual bowls with hot corn bread.

Note: Three to five 16 ounce cans of large Lima beans may be substituted for the 4 to 8 cups cooked.

Recipe from Thom Hackett's Recipe File at www.thomcooks.com