

**BEAN SOUP WITH SMOKED, CURED HAM HOCKS**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
140 cal	23 g	9 g	2 g	4 mg	650 mg	79 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEANS,WHITE,DRY	6-1/4 lbs	3 qts 2 cup	
WATER,COLD	16-3/4 lbs	2 gal	
HAM BROTH (FROM MIX)		5 gal	
PORK,HOCKS,(CURED & SMOKED),FROZEN	2-1/2 lbs		
CARROTS,FRESH,SHREDDED	1 lbs	1 qts 1/8 cup	1-1/4 lbs
ONIONS,FRESH,CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
FLOUR,WHEAT,GENERAL PURPOSE	13-1/4 oz	3 cup	
WATER,COLD	2-1/8 lbs	1 qts	

**Method**

- 1 Pick over beans, removing discolored beans and foreign matter. Wash thoroughly in cold water.
- 2 Cover with cold water; bring to a boil; boil 2 minutes. Turn off heat. Cover; let stand 1 hour.
- 3 Prepare stock according to recipe. Add to beans; bring to a boil; cover; simmer 2 hours or until beans are tender.
- 4 Place thawed, smoked, cured pork hocks in water to cover. Simmer 1 hour; remove from heat; cool. Remove lean meat; chop into small pieces.
- 5 Add carrots, onions, pepper and chopped ham hocks to bean mixture. Simmer 30 minutes.
- 6 Blend flour and water to form a smooth paste. Stir into soup; cook 10 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.