

Bone Ham and Potato Soup

Do NOT add any salt as Christmas ham has been salted already. The best is to wait for the ready dish to add some salt. Believe me, I did it once and I had to dilute it with water and add more potatoes to make it heartier ☐ This bone broth based soup is high in collagen and gelatin, as well as glycine and numerous minerals naturally. These ingredients help your gut heal faster and your skin look younger. They also help naturally with joint pains.



High in Collagen and Gelatin Gut Healing Soup

Ingredients:

Broth:

1 bone from the leftover Christmas ham
2-3 bay leaves
3 quarts water
1 tablespoon Apple Cider Vinegar
1/2 onion peeled

Soup:

3-4 medium potatoes peeled and cut
2 medium carrots grated
1 medium onion cut
4-6 stalks of celery
1/2 pound shitake mushrooms
Leftover ham cut into small pieces

Directions:

Instapot:

1. Combine water, ham bone, bay leaves, apple cider together, cover with the lid. Press manual button and set the timer to 60 min. When the timer goes off, wait for the pressure cooker to decompress.
2. While the broth is cooking, peel and cut onions, cut celery, grate carrots and saute' them for 5 minutes with butter, avocado oil or bacon fat stovetop.
3. Strain the liquid broth into the pot and bring to boil. Add peeled and chopped potatoes, sauteed onions and carrots.

Stove Top or Slow cooker:

If you have no Instapot, you can simmer the ham bone for several hours on the lowest heat. Usually 4-8 hours would be enough.

The rest of the recipe has the same directions.