

# Creamy Ham and Bean Soup (Gluten Free)

This bean soup is thickened with a mash of potatoes, cauliflower, and carrots. Delicious comfort food! It is gluten-free and can be made dairy-free by using olive oil instead of butter and unsweetened soy milk in place of cow's milk. Enjoy!

Recipe by [Sharon Howell](#) | Created on **Mar 12, 2022**

## Ingredients

- 1 Yukon Gold potato, peeled and diced
- ½ head cauliflower, chopped
- 12 baby carrots
- ¼ cup warm milk
- 1 tablespoon butter, divided
- ¼ cup diced onion
- ¼ cup diced celery
- ½ teaspoon dried thyme
- salt and ground black pepper to taste
- ¾ cup diced ham
- 1 (14 ounce) can navy beans, undrained
- 1 cup chicken broth
- 1 (14 ounce) can navy beans, drained
- 1 clove garlic

## Directions

- Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add potato, cauliflower, and carrots; cover and steam until very tender, about 20 minutes. Transfer potato mixture to a bowl and add milk and 1 1/2 teaspoons butter. Mash with a potato masher or hand mixer until smooth.
- Melt 1 1/2 teaspoons butter in a large saucepan over medium heat; saute onion, celery, thyme, salt, and pepper until fragrant, about 2 minutes. Add ham and cook and stir until ham is warmed, about 2 more minutes. Stir undrained navy beans and chicken broth into ham mixture, increase heat to high, and bring to a boil. Reduce heat and simmer.
- Blend drained navy beans and garlic together in a blender until smooth. Stir bean mixture into soup; simmer, stirring often, until soup thickens, about 10 minutes. Stir potato mixture into soup and simmer, stirring often, until thickened, about 5 minutes.

## Nutrition Facts

Serving: **4 servings** | Calories: **370.2 kcal** | Carbohydrates: **58.3 g** | Protein: **22.1 g** | Saturated fat: **3 g** |  
Cholesterol: **22.6 mg** | Sodium: **1478.2 mg** | Fiber: **13.8 g** | Sugar: **4.8 g**

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