

# Potato and Ham Stew

This is an awesome stew to make with a leftover ham bone and ham chunks! Great to eat on a cold day and will make your home smell wonderful. This recipe is soy free! Serve with warm biscuits or over a baked potato.

Recipe by [Camila Ryan](#) | Created on **Nov 15, 2021**

## Ingredients

- 1 ham bone
- 6 russet potatoes, diced
- ½ onion, diced
- 1 (15 ounce) can sweet peas, drained
- 1 cup diced cooked ham
- 2 carrots, diced
- 2 stalks celery, diced
- 3 cups water
- ½ cup coconut milk
- salt and ground black pepper to taste

## Directions

- Combine ham bone, potatoes, onion, sweet peas, ham, carrots, and celery in a large pot; pour in enough water to cover all ingredients. Pour in coconut and season with salt and pepper. Bring soup to a boil, reduce heat, and simmer until flavors have blended, about 4 hours. Discard ham bone before serving.

## Nutrition Facts

Serving: **6 servings** | Calories: **306.6 kcal** | Carbohydrates: **47.5 g** | Protein: **11.5 g** | Saturated fat: **5.2 g** | Cholesterol: **12.6 mg** | Sodium: **464.2 mg** | Fiber: **7.9 g** | Sugar: **5.4 g**

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