



NUTRITIONAL WEIGHT & WELLNESS, Inc.  
*educating and counseling people to better health*

## **Ham Hock Bean Soup**

1 can Black Beans  
1 can Pinto Beans  
1 can Garbanzo Beans  
Garlic Powder  
Sea Salt

Pepper  
Med. Chopped Onion  
4-6 Slivered cut Grass-Fed Hocks  
Cornstarch  
Water

Combine beans, spices and onion in crock pot. Place the hocks on top. Turn on low and leave over night. In the morning remove the bone, break up meat and stir. Thicken with cornstarch and water. Taste and add more spices if needed. Leave on low for lunch or turn on warm for dinner.

- \* Try to use organic ingredients as much as possible**
- \* Use Anderson Farm Grass-Fed Natural Raised Meats**

*Recipe provided by:*



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