

# Ham & Potato Soup

(Makes 4 Servings)



## Shopping list:

- 4 Carrots or 1/2 lb (peeled and diced)
- 2 small potatoes (peeled and cut into chunks)
- 2 ribs celery (diced)
- 1 small onion (diced)
- 2 garlic cloves or 1 teaspoon (minced)
- 1/2 cup uncooked medium barley
- 1/4 teaspoon pepper
- 1/8 teaspoon ground thyme
- 4 teaspoons chicken bullion granules
- 8oz bone-in ham steak or 1 cup (cut in 1/2 inch pieces)
- 6oz evaporated milk (split 12oz can between 2 bags)
- 4 cups of water (NOT NEEDED until day of cooking)
- 1 gallon-sized plastic freezer bag
- 1 quart-sized plastic freezer bag

## Prep:

1. Label your freezer bag
2. To your gallon-sized freezer bag, add all ingredients (except evaporated milk and water). To keep potatoes from browning, chop them last and add to the top of your freezer bag.
3. Add evaporated milk to a quart-sized plastic freezer bag. Seal, and add to gallon-sized bag.
4. Remove as much air from the gallon-sized freezer bag as possible, seal, and lay flat in your freezer.

## Cook:

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of gallon-sized freezer bag into your crockpot and add water. Keep bag of evaporated milk in the refrigerator.
3. Cook items in crockpot on “low” setting for 8 hours, or until carrots and potatoes are soft. Stir in evaporated milk and leave lid open a crack. Continue to cook for 15 minutes.
4. Enjoy!