



Rustic Pork Bone & White Bean Soup

Protein: Pork Soup Bone | Method: Stovetop/Slow Cooker

A farmhouse soup simmered low and slow.

Ingredients:

- 1 meaty pork soup bone
- 6 cups broth or water
- 1 onion
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 garlic cloves, minced
- 1 can cannellini beans, drained
- 1 rosemary sprig
- 2 cups kale, finely chopped
- Salt & pepper



Instructions:

1. Rinse pork bones.
2. Place in a stock pot and cover with water or broth.
3. Bring to a boil, skim off any foam that rises to the surface. This will keep the broth clear.
4. Reduce heat and let bones simmer for at least 2-3 hours, but as long as 6-8 hours to get the most out of the bones' flavor and nutrients.
5. Simmer pork bone in broth, for skimming foam.
6. Add vegetables, beans, rosemary; cook for 30 minutes to an hour, or until your veggies reach the desired level of tenderness.
7. Season with salt and pepper to taste.
8. Remove bone, shred any meat from the bone and return meat to pot.
9. Stir in kale before serving.

Nevada Farm Fact: Basque sheepherders once drove flocks across Nevada's high desert. Their traditions still flavor our culture today, from hearty garlic stews to chorizo sausage.

