

Creamy Ham, Potato & Carrot Soup



Ingredients

- 1 ham steak (about 1–1½ lbs), diced
- 2 large potatoes, diced (Yukon Gold or red work great)
- 1 medium carrot, diced
- 1 medium onion, diced
- Garlic, minced — to your liking
- 8 cups chicken broth

Herbs (Add more of any herbs to your taste)

- ½ tsp dried thyme
- ½ tsp dried parsley
- ¼ tsp dried sage
- 1 bay leaf

Roux

- 2 tbsp butter
- 2 tbsp flour
- 1 cup milk or half-and-half

Directions

- 1. Sauté:**
In a large pot, sauté the onion in butter for a few minutes until softened.
Add minced garlic and cook another 1–2 minutes.
- 2. Simmer the vegetables:**
Add potatoes, carrot, herbs, and chicken broth.
Bring to a gentle boil, then reduce to a simmer and cook about 20 minutes, until vegetables are tender.
- 3. Add the ham:**
Stir in the diced ham and let it warm through while preparing the roux.
- 4. Make the roux:**
In a small saucepan, melt butter over medium heat.
Whisk in flour and cook 1–2 minutes, until lightly nutty (not browned).

5. **Create the cream base:**

Slowly whisk in milk or half-and-half, cooking until thickened and smooth.

6. **Finish the soup:**

Stir the cream mixture into the soup.

Simmer 30–45 minutes so the flavors of the ham, herbs, and vegetables fully infuse.

For a thicker texture, mash a few potato pieces against the side of the pot.

7. **Season and serve:**

Taste, adjust salt and pepper, and simmer 3–5 more minutes before serving hot.

www.wineandwhiskeytravelers.com/recipes