

## Southern-Style Beans & Hamhocks - Hearty, Smoky, and Soul-Warming

A Soulful Southern Classic, Simmered to Perfection



**TIME**  
**2 min**

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**ChefManiac**

### INGREDIENTS

- 1 lb dried pinto beans (or white beans)
- 1 tbsp olive oil
- 1 large yellow onion, chopped
- 2 stalks celery, chopped
- 5 cloves garlic, minced
- 1 tsp fresh thyme, chopped
- 2 medium carrots, chopped
- 1 tbsp Creole seasoning
- 1 tsp beef bouillon powder
- ½ tsp cayenne pepper
- 3 lbs smoked ham hock (about 2)
- 2 cups beef stock
- 3 cups water
- Salt and pepper, to taste

### DIRECTIONS

- 1. Soak the Beans:** Place beans in a large bowl and cover with at least 3 inches of water. Soak overnight (8-24 hours). Drain and rinse before cooking.
- 2. Short on time?** Use the quick soak method: boil beans for 2 minutes, remove from heat, cover, and let sit for 1 hour. Then drain and rinse.
- 3. SautØ the Base:** In a large 6-quart pot, heat olive oil over medium heat. Add onion, celery, garlic, thyme, and carrots. SautØ for 4-5 minutes, until onions are soft and fragrant.
- 4. Build the Flavor:** Add Creole seasoning, beef bouillon, and cayenne. Cook for 1 minute to toast the spices. Add beans and hamhocks, followed by beef stock and water. Stir to combine.
- 5. Simmer Low and Slow:** Bring the pot to a boil, then reduce to a gentle simmer. Cover and cook for 90 minutes, until beans are soft and the broth is thickened.
- 6. Shred the Ham:** Remove hamhocks with tongs. Using a fork, shred the meat and discard bones (or return bones to the pot for extra flavor). Return meat to the pot, stir well, and simmer 10-15 more minutes.
- 7. Finish and Serve:** Taste and adjust salt and pepper as needed. Serve hot with cornbread, rice, or your favorite Southern side.

### TIPS FOR SUCCESS

Soak those beans -it shortens cooking time and improves digestibility.

Don't rush the simmer -slow cooking helps extract maximum flavor from the hamhocks.

Use a wide pot to ensure even cooking and reduce overflow risk.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/southern-style-beans-hamhocks-hearty-smoky-and-soul-warming/>