- Prep time: 15 minutes
- Cook time: 6–8 hours on LOW or 3–4 hours on HIGH
- Total time: 6 hours 15 minutes (on LOW)
- Yield: Serves 6–8
- Course: Main Course
- Cuisine: American (Southern-inspired)

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Ingredients

- 2 lbs (900g) ham (bone-in ham steak, leftover ham, or ham hock), cut into 2-inch chunks
- 1 ½ lbs (680g) baby potatoes or Yukon Gold potatoes, halved or quartered if large
- 1 lb (450g) fresh green beans, trimmed and cut into 2-inch pieces
- 1 large yellow onion, roughly chopped (optional but recommended)
- 3 cloves garlic, minced
- 4 cups (960ml) low-sodium chicken broth (or enough to mostly cover the ingredients)
- 1 tsp smoked paprika
- ½ tsp black pepper
- ½ tsp dried thyme
- 1 bay leaf
- 2 tbsp unsalted butter (optional, for richness)

- Salt to taste (be cautious—ham is already salty)
- Fresh parsley, chopped, for garnish (optional)

Optional Add-Ins:

- 1 tbsp apple cider vinegar (brightens the flavors)
- Pinch of red pepper flakes (for a little heat)
- 1 lb smoked sausage, sliced (for extra heartiness)

Instructions

Step 1: Prepare the Ingredients (Intensity: Low)

Peel the onion and chop it roughly. Mince the garlic. Wash the potatoes and halve or quarter them so they are all roughly the same size—this ensures even cooking. Trim the ends of the green beans and cut them into 2-inch pieces. If using a ham hock or bone-in ham, leave it whole or cut into large chunks; if using ham steak or leftover ham, cut it into 2-inch cubes.

Step 2: Layer the Crockpot (Intensity: Low)

Place the ham chunks in the bottom of a 6-quart slow cooker. Add the chopped onion, minced garlic, and bay leaf on top. Scatter the potatoes over the ham, then arrange the green beans

on top. The order matters slightly—potatoes take longer to cook than green beans, so keeping them closer to the heat source (the bottom) is helpful.

Step 3: Add the Seasonings and Broth (Intensity: Low)

Sprinkle the smoked paprika, black pepper, and dried thyme over the vegetables. Pour the chicken broth over everything, adding just enough so the ingredients are mostly submerged but not drowning. The ham and vegetables will release their own juices as they cook. Add the butter on top, if using. Do not add salt yet—wait until the end, as the ham and broth will contribute plenty of sodium.

Step 4: Cook Low and Slow (Intensity: Low)

Cover the slow cooker and cook on LOW for 6–8 hours or on HIGH for 3–4 hours. The dish is ready when the potatoes are fork-tender and the green beans are soft but not mushy. If you are using a ham hock or a tough cut of ham, lean toward the longer cooking time to ensure the meat is tender and the flavors have fully melded.

Step 5: Finish and Season (Intensity: Low)

Carefully remove the bay leaf and discard. If you used a ham hock, remove it, shred the meat, and return the meat to the pot, discarding the bone and fat. Taste the broth and add salt and pepper as needed. If the flavors taste a little flat, stir in the optional apple cider vinegar—it brightens the whole dish. If you prefer a thicker broth, mash a few of the potatoes against the side of the pot with a fork and stir them in.

Step 6: Serve (Intensity: Low)

Ladle the ham, green beans, and potatoes into bowls, making sure each serving gets plenty of broth. Garnish with fresh chopped parsley, if desired. Serve with cornbread, biscuits, or a slice of crusty bread for dipping.

Recipe Notes & Tips

- Ham Selection: This recipe works beautifully with leftover holiday ham, a smoked ham hock, or a ham steak. If using a ham hock, it may take longer to become tender—cook on LOW for the full 8 hours. If using pre-cooked ham steak, you can reduce the cooking time to 5–6 hours on LOW.

- Salt Wisely: Ham and chicken broth are both salty, so resist the urge to add salt at the beginning. Taste at the end and adjust.

- Green Bean Texture: If you prefer crisp-tender green beans, add them during the last 1–2 hours of cooking on LOW (or the last 30–45 minutes on HIGH). If you like them soft and Southern-style, add them at the beginning as directed.

- Make it a Meal: This dish is a complete meal on its own, but you can stretch it further by serving it over rice or with a side of buttered cornbread.

- Storage: Store leftovers in an airtight container in the refrigerator for up to 4 days. The flavors deepen overnight, making excellent leftovers. Reheat gently on the stovetop or in the microwave.

Nutrition Information

Disclaimer: The following nutrition information is an estimate per serving (based on 8 servings) and will vary based on exact ingredient sizes, ham selection, and whether optional ingredients are used.

- Calories: 310 kcal
- Total Fat: 12g (4g Saturated Fat)
- Cholesterol: 55mg
- Sodium: 980mg
- Total Carbohydrates: 28g
- Dietary Fiber: 5g
- Total Sugars: 4g
- Protein: 22g
- Vitamin C: 25% DV
- Vitamin A: 8% DV

- Iron: 12% DV
- Potassium: 850mg