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# Hearty Hodgepodge

*Bonnie Welch and Deanna White*

*Kitchen Keepsakes - Castle Rock, CO - 1989*

**6 slices bacon**  
**1 medium onion, thinly sliced**  
**1 pound beef shank**  
**3/4 pound ham hock**  
**6 cups water**  
**2 teaspoons salt**  
**2 cans (15 ounce) garbanzo beans**  
**3 cups potatoes, diced**  
**1/8 teaspoon garlic powder**  
**6 ounces polish sausage, thinly sliced**

In a large heavy kettle, cook the bacon until crisp. Reserve two tablespoons of the drippings. Crumble the bacon and set aside.

Saute' the onion in the bacon drippings until tender. Add the beef shank, ham hock, water and salt. Cover and simmer for 1-1/2 hours.

Remove the meat from the shank and ham hock. Dice the meat. Skim the fat from the broth. Return the diced meat to the soup. Add the undrained beans, potatoes and garlic. Simmer, covered, for 30 minutes. Add the sausage and bacon. Simmer, covered, for 15 minutes longer.

Serve with sourdough bread.

(This is a delicious stew type meal.)

Yield: 4

**Soups, Chili, Stew**

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*Per Serving (excluding unknown items): 4058 Calories; 186g Fat (41.2% calories from fat); 260g Protein; 337g Carbohydrate; 79g Dietary Fiber; 644mg Cholesterol; 6920mg Sodium. Exchanges: 21 1/2 Grain(Starch); 26 1/2 Lean Meat; 1 1/2 Vegetable; 15 1/2 Fat.*