

Split Pea Soup with Ham

Compliments of Chef Richard's Kitchen

10 Servings

1 lb dried green split peas
2 C onion, diced
1 C celery, diced
1 C carrot, diced
¼ C unsalted butter
2 clove garlic, minced
1 smoked ham hock
8 C chicken stock
1 bay leaf
1 tsp dried thyme
Kosher salt and pepper to taste
Croutons for serving

Place dried peas on a flat board or plate and pick over to remove any small stones or bad peas.

Place butter in stock pan or Dutch oven. Sauté onions until translucent. Add celery and carrots. Sauté 15 – 20 minutes until vegetables are softened. Add garlic and sauté until fragrant. Add peas and stir into vegetable mixture.

Add chicken stock and allow to come to a boil. Add bay leaf and thyme. Add ham hock and reduce heat to simmer. Simmer uncovered for 1 - 1½ hours until peas are softened and liquid begins to thicken.

Remove ham hock and allow to cool. Use a knife to remove the meat from the hock leaving the skin and bones. Remember that there is a lot of cartilage and sinews, so be sure you remove and discard those. Dice meat into about ½" chunks and return to pot. Allow to simmer an additional ½ hour so soup will thicken.

Serve hot. Garnish with parsley and croutons.



Nutrition Facts	
Portion Size	341 g
Amount Per Portion	
Calories	293
% Daily Value *	
Total Fat 6.2g	8 %
Saturated Fat 3.2g **	16 %
Cholesterol 12mg **	4 %
Sodium 308mg **	13 %
Total Carbohydrate 37g	13 %
Dietary Fiber 13g **	46 %
Sugar 5.6g **	
Protein 17g	34 %
Vitamin D 0mcg **	0 %
Calcium 43mg **	3 %
Iron 2.4mg **	13 %
Potassium 295mg **	6 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

Source:
<https://www.nutritionvalue.org>