

SPLIT PEA SOUP WITH HAM HOCKS

Makes 6 Servings

INGREDIENTS

- 1 lb dried split peas
- 2 Tbsp olive oil
- 1 yellow onion, chopped
- 1 leek, white and light green parts, sliced
- 4 cloves garlic, chopped
- 2 carrots, peeled and chopped
- 2 stalks celery, chopped
- 1 pkg (about 1½ lb) smoked ham hocks (we used Lonely Lane Farms)
- 32 oz low sodium chicken broth
- 2 cups water
- ½ tsp black pepper
- ½ tsp poultry seasoning
- ½ tsp cayenne (optional)
- 1 bay leaf
- Sea salt, to taste

DIRECTIONS

1. Rinse and sort through peas, discarding any foreign matter or shriveled peas. Rinse well, no need to soak! Set aside.
2. Heat olive oil over medium in a large Dutch oven. Saute onion and leek until softened, about 5-7 minutes. Add garlic and cook until fragrant, about 1 minute.
3. Add carrots, celery, rinsed peas, ham hocks, broth, water, and seasonings to the pot. Bring to a boil, reduce heat to medium low, and cover partway with a lid. Cook for 1 hour and 30 minutes, tasting after 1 hour. Adjust seasonings or add more water or broth if desired.
4. Once ham hocks are tender, remove from the pot and allow them to cool enough to handle. Cut the meat off the bone and chop into bite sized pieces. Return to the pot. Continue to cook, if needed, until peas are creamy. Enjoy with cornbread!