

# Split Pea Soup Recipe

This Split Pea Soup with ham is a nutritious blend of sweet golden peas and savory ham and vegetables creating a rich and flavorful dish that's perfect for any cold winter day.

**Author:** Natasha Kravchuk   **Servings:** 8 servings   **Calories:** 266  
**Prep Time:** 20 mins   **Cook Time:** 2 hrs   **Total Time:** 2 hrs 20 mins



## Ingredients

- 2 Tbsp olive oil, divided
- 2 cups diced ham or ham hock, (10 oz)
- 1 medium onion, chopped
- 2 celery stalks, finely chopped
- 4 cups chicken stock
- 8 cups water
- 1 1/2 cups yellow dry split peas, rinsed and pickled over (11-12 oz)
- 2 sprigs of fresh thyme, or 1/4 tsp dried thyme leaves
- 2 bay leaves
- 5 medium Yukon or red potatoes, peeled and diced
- 2 medium carrots, peeled and sliced into half rings
- 1 1/2 tsp fine sea salt, divided, added to taste
- 1/4 tsp freshly ground black pepper
- 3 garlic cloves
- 2 Tbsp fresh dill or parsley, finely chopped

## Instructions

1. Set a large soup pot or 5 1/2 qt Dutch oven over medium-high heat and add 1 Tbsp olive oil. Add ham (or ham hock, and sautee until golden brown). Remove ham to a separate plate.
2. Add 1 Tbsp olive oil and sauté onion and celery until softened, about 5 minutes. Add stock, water, and drained peas, and add ham back to the pot. Bring to a boil and skim off any foam that rises to the top.
3. Add thyme and bay leaves and season with 1/2 tsp salt. Reduce heat to a simmer, partially cover and simmer for 1 hour 30 minutes or until peas are almost dissolved. If using a ham hock, remove bone from soup then shred the meat and put it back into the pot.
4. Add carrots and potatoes and cook another 20 minutes or until veggies are fork-tender.
5. Season with salt and pepper to taste. Remove and discard the bay leaves and thyme stems.
6. Press in the garlic, add dill or parsley, then immediately turn off the heat. Serve topped with crispy bacon and more fresh herbs.

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