

Ham and Split Pea Soup Recipe

- A Great Soup



With the slightly sweet, somewhat salty, and subtly smoky flavor of the ham, this hearty soup is the ideal fall or winter soup -- a great one for lunches, or as a starter for dinner.

Prep: 20 mins

Cook: 1 hr 30 mins

Total: 1 hr 50 mins

Servings: 8

Yield: 8 servings



Ingredients

2 tablespoons butter

½ onion, diced

2 ribs celery, diced

3 cloves garlic, sliced

1 pound ham, diced

1 bay leaf

1 pound dried split peas

1 quart chicken stock

2 ½ cups water

salt and ground black pepper to taste

Directions

Step 1

Place the butter in a large soup pot over medium-low heat. Stir in onion, celery, and sliced garlic. Cook slowly until the onions are translucent but not brown, 5 to 8 minutes.

Step 2

Mix in ham, bay leaf, and split peas. Pour in chicken stock and water. Stir to combine, and simmer slowly until the peas are tender and the soup is thick, about 1 hour and 15 minutes. Stir occasionally. Season with salt and black pepper to serve.

Nutrition Facts

Per Serving:

374 calories; protein 25.1g; carbohydrates 37g; fat 14.4g; cholesterol 39.8mg; sodium 1186.7mg.