



Slow Cooker Split Pea & Ham Soup

Prep: 30 minutes

Slow Cook: 4 hours • Serves: 8

- 1 bag (16 ounces) dried green split peas, rinsed and drained
- 1 cup chopped ham
- 2 medium Idaho potatoes, peeled and cut into 1-inch pieces
- 1 celery stalk, chopped
- 1 medium carrot, chopped
- 1 medium yellow onion, chopped
- 2 garlic cloves, minced
- 1 bay leaf
- ¼ cup chopped fresh parsley plus additional for garnish (optional)
- 5½ cups ham bone broth (see recipe)
- 1 tablespoon fresh lemon juice
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper
- 1 cup seasoned croutons

1. In 5- to 6-quart slow cooker, layer split peas, ½ cup ham, potatoes, celery, carrot, onion, garlic, bay leaf and parsley; gently add broth, do not stir. Cover and cook on high 4 hours or low 8 hours or until peas are tender.

2. Remove and discard bay leaf; stir in lemon juice, salt and pepper. Serve soup topped with croutons, remaining ½ cup ham and parsley, if desired.

Approximate nutritional values per serving:

321 Calories, 6g Fat (2g Saturated), 28mg Cholesterol, 354mg Sodium, 46g Carbohydrates, 13g Fiber, 7g Sugars, 0g Added Sugars, 22g Protein



Ham Bone Broth

Prep: 15 minutes plus cooling

Slow Cook: 8 hours • Makes: about 11 cups

- 3 sprigs fresh parsley
- 3 sprigs fresh thyme
- 2 medium carrots, coarsely chopped
- 2 medium celery ribs, coarsely chopped
- 1 ham bone
- 1 medium yellow onion, coarsely chopped
- 1 bay leaf
- 3 quarts cold water
- ½ cup fresh lemon juice
- ½ teaspoon black peppercorns

1. In 5- to 6-quart slow cooker, stir all ingredients; cover and cook on high 8 hours.

2. Strain broth through cheesecloth-lined fine-mesh strainer; transfer to 2 wide, shallow 2-quart containers. Add ½ cup ice to each container; cool 20 minutes, cover and refrigerate overnight. Spoon fat off top of broth before using or freezing.

Approximate nutritional values per serving (1 cup):

51 Calories, 0g Fat (0g Saturated), 0mg Cholesterol, 223mg Sodium, 0g Carbohydrates, 0g Fiber, 1g Sugars, 0g Added Sugars, 6g Protein

Chef Tip

Freeze any broth you aren't using right away in an airtight container.