



## 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.*



## 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*