



# Split Pea with Ham Soup

## Variations

## Directions

1. Simmer the ham bone in chicken broth until the meat falls off the bone.
2. Remove ham bone from pan and remove any large pieces of ham. Discard the bone.
3. Cool the broth and skim off excess fat. Set aside.
4. Sauté the onion and garlic until lightly caramelized.
5. Add chopped celery and sauté until celery is tender.
6. Add the broth to the sautéed vegetables.
7. Add the dried split peas.
8. Bring to a boil and reduce to low heat.
9. Simmer until the peas are soft, about 30-45 minutes. Test the peas to ensure they are soft and completely cooked.
10. Add the potatoes and carrots and simmer until tender.
11. Heat avocado oil in frying pan and add cubed ham. Sauté until the edges are golden brown.
12. Add ham to the soup and heat through.
13. Serve with thinly sliced crostini bread.

## Ingredients

- Ham bone plus two cuts cubed ham
- 32 ounces low sodium chicken broth
- 1 package dried split peas, rinsed and drained
- Avocado oil
- Several stalks of celery, chopped
- 1 large sweet yellow onion, chopped
- 4 garlic cloves, minced
- 4 medium sized red potatoes, cut into bite sized pieces
- 1 pound bag baby carrots (leave whole)

