



CS Split Pea and Ham Soup

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Categories: Main Dish - Soup, Soup/Chowder

Servings: 16

Suggested Wine: Syrah

Preparation Time: 20 minutes

Start to Finish Time: 6 hours 20 minutes

Description: Such a delicious and warming Fall day soup.

Serving Ideas: Serve with fresh baked cornbread and sauteed bok choy.

Ingredients

2 T unsalted Butter

6 med Heirloom Carrots,
cut into ¼ inch dice (3
Cups)

4 stalk Celery, ¼ inch
dice (2 Cup)

2 med Onion, ¼ inch
dice (1 cup)

8 sprig Thyme

4 med cloves Garlic,
diced

4 Bay Leaves

6 c Water

4 c Chicken Stock,
homemade preferred

2 c Beef Stock,
homemade preferred

2 16 oz pkgs dried Split
Peas, rinsed and sorted
(4 Cups)

2 t Celtic Sea Salt

1/2 t fresh ground

Tellicherry Black Pepper

2 Ham Bone or 4 lbs Ham

Shank or 4 lbs smoked

Pork Hocks

Directions

1) Place the butter in a saucepan and melt. Add the carrots, celery and onion and cook over low heat until translucent. Add the thyme, garlic and bay leaves. Cook until fragrant.

2) Place all ingredients except ham in 10 qt slow cooker, then add ham.

3) Cover and cook on low heat 8 to 10 hrs or on high heat 6 to 7 hours until peas are tender. Remove ham from cooker; place on cutting board.

4) Pull meat from bones, using 2 forks; discard bones, fat and skin. Stir ham into soup.

5) Stir well before serving.