



# Split Pea Soup

## Ingredients

- 3 carrots, peeled and chopped
- 1 white onion, diced
- 3 celery stalks, chopped
- 2 cups (1 lb bag) dried green split peas
- 2 bay leaves
- 1 tsp garlic powder
- 4 cups stock (chicken or vegetable)
- 4 cups water
- 3-4 cups leftover ham, chopped (or 12 slices cooked and crumbled turkey bacon)
- ½ tsp sea salt
- ½ tsp cracked black pepper

## Directions

1. Place carrots, celery, onion, split peas, bay leaves, garlic powder, stock, and water in a large pot. Cover and bring to a boil.
2. Once boiling, reduce heat and simmer with lid ajar for 2-3 hours, until the peas begin to break down. Turn off the burner. The split peas will continue to break down and the soup will thicken as it cools. Add more liquid if it becomes too thick.
3. Remove bay leaves and discard.
4. Stir in chopped ham, dried dill, salt and pepper to taste.

**Healthy Tip:** Make a vegetarian version by using vegetable stock and omitting the ham!

Calories 463

Total Fat 5 g

Saturated Fat 1 g

Cholesterol 10 mg

Sodium 433 mg

Total Carbohydrate 78 g

Dietary Fiber 36 g

Sugar 8 g

Protein 29 g