

# Split Pea Soup



Greater Cleveland  
Food Bank

## INGREDIENTS

- 2 Tbs vegetable oil
- 1 onion, minced (cut very small)
- 3 carrots, sliced into half-moons
- 1 clove garlic, minced (or 1/4 tsp garlic powder)
- 2 bay leaves (or use some bouillon or stock)
- 2 tsp thyme, dry (2 sprigs fresh)
- 2 lbs. ham hock (or 3/4 lb. ham steak cubed)
- 2 cup split peas (green or yellow)
- 2 qts water
- 1 Tbs salt
- black pepper (to taste)
- crushed red pepper (optional)

## DIRECTIONS

1. Heat large pot over medium heat and add oil.\*
2. Cook onion and carrots for 4-5 minutes, until beginning to soften.
3. Add remaining ingredients and bring to boil.
4. Reduce heat to simmer and cover; stir occasionally.
5. When split peas dissolve into thick soup, remove ham hock and cut meat into bite-size pieces; return to soup and enjoy.

\*Slow Cooker: Add all ingredients and cook on high for 6 hours.

Make it a meal! This hearty soup has protein, fat, carbohydrates, vegetables, fiber and more. Serve with crusty whole-grain bread, and fresh fruit (Vitamin C!).

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