

Split Pea with Barley & Ham

About 4-6 Servings

Ingredients:

½ pound of ham, cubed

Olive oil

2 cloves of garlic

1 medium onion

2 stalks of celery

1-2 carrots or large handful of baby carrots

1 heaping cup dry green split peas

½ cup dry pearl barley

2-3 (14.5 ounce) cans of low sodium vegetable stock

Thyme, parsley, dill, salt, black pepper and cayenne pepper

2 Bay leaves



Instructions:

To soften dried green split peas:

Soak dry split peas in a bowl with water, 24 hours prior to making soup.

To Prepare Soup:

Clean and dice garlic, onion and celery. Cut carrots into smaller pieces.

In a large pot on medium heat, sauté ham pieces in about 1 to 2 tablespoons of olive oil. Once lightly browned, spoon out about ¾ of the ham pieces and set aside. Add a tablespoon of olive oil to the pot and add the garlic, onion, celery and a few pieces of carrot. Sauté for a few minutes.

Once the vegetables are tender, add the split peas, stock and spices. Cover with a lid and let simmer on low heat for about 30 minutes. Remove bay leaves.

Blend soup mixture in a blender or food processor. Return blended mixture to pot and add reserved ham pieces, carrots and barley. Add additional stock if soup is thick.

Cooking Tips:

- Honey Baked Ham leftovers are ideal for this soup. Save the leftovers and store in small bags and freeze. Then pull out a bag of ham when you want to make this soup.
- Dried beans will not soften if you have hard water or if the peas are old. Be sure to purchase dried peas from a store that has high turnover. If you have hard water, soak peas in distilled water.

