

# Slow Cooker Split Pea Soup

## Recipe of the Month – December 2012



The classic pairing of mild split peas and rich ham come together in a delicious slow-cooker version. This soup is perfect for a chilly evening. Use a holiday ham bone to add flavor to this soup.

**Prep Time:** 15 Min

**Start to Finish:** 10 Hr. 15 Min

**Makes:** 8 servings (1 1/2 cups each)

### INGREDIENTS

- 7 cups water
- 1 package (16 ounces) dried split peas (2 1/4 cups), sorted (you will be looking for stones) and rinsed
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 medium carrots, cut into 1/4-inch slices (1 1/2 cups)
- 2 medium stalks celery, finely chopped (1 cup)
- 1 medium onion, chopped (1/2 cup)
- 1 ham bone, 2 pounds ham shanks or 2 pounds smoked pork hocks

### DIRECTIONS

1. Mix all ingredients except ham in 4- to 5-quart slow cooker. Add ham.
2. Cover and cook on Low heat setting 8 to 10 hours or until peas are tender.
3. Remove ham from cooker; place on cutting board. Pull meat from bones, using 2 forks; discard bones and skin. Stir ham into soup. Stir well before serving.

**Recipe Provides:** Meat & Beans 3oz-equivalents, Vegetables 1c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 1/2 cup	<b>Calories:</b>	220	<b>Calories from Fat:</b>	20
<b>Total Fat:</b>	2 1/2 g	<b>Saturated Fat:</b>	1/2 g	<b>Cholesterol:</b>	15 mg
<b>Sodium:</b>	340 mg	<b>Total Carbohydrate:</b>	32 g	<b>Dietary Fiber:</b>	15 g
<b>Sugars:</b>	3 g	<b>Protein:</b>	17 g		



This Recipe adapted from [WWW.eatbetterearly.com](http://WWW.eatbetterearly.com)

