

# Slow-Cooker Split Pea Soup

## Soup of the Month January - 2014



The classic pairing of mild split peas and rich ham come together in a delicious slow-cooker version. Perfect for a chilly evening.

**Prep Time:** 15 Min

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

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

### INGREDIENTS

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7 cups water  
1 package (16 ounces) dried split peas (2 1/4 cups), sorted 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 or 2 pounds ham shanks or 2 pounds smoked pork hocks

### DIRECTIONS

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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>	2.5 g	<b>Saturated Fat:</b>	1/2 g	<b>Trans fat :</b>	0 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 is adapted from [WWW.eatbetterearly.com](http://WWW.eatbetterearly.com)