



#MakeItGAP

RECIPES

SLOW COOKER SMOKY HAM AND SPLIT PEA SOUP

YIELD: 8 Servings

INGREDIENTS:

1 lb. dried green split peas, *rinsed and drained*
1 1/2 cups cubed peeled Yukon gold potatoes
5 garlic cloves, *chopped*
1 cup chopped onion
1 cup chopped celery
1 cup chopped peeled carrot
1 large bay leaf
1 tsp. freshly ground black pepper
3/4 tsp. kosher salt
2 lb. smoked ham hocks
6 cups water
1/2 cup light sour cream

PREPARATION:

Layer peas and next 9 ingredients (through ham) in order listed in a 6-quart electric slow cooker. Gently pour 6 cups water over top. Cover and cook on low for 8 hours.

Remove ham hocks from slow cooker. Remove meat from bones, and cut into bite-sized pieces; discard skin and bones. Discard bay leaf.

Coarsely mash soup to desired consistency, adding additional hot water to thin, if desired. Stir in chopped ham. Divide soup evenly among 8 bowls; top each serving with 1 tablespoon sour cream.

Recipe adapted from my recipes.com