



Chef ETL's Split Pea Soup

Servings: 12

Preparation Time: 30 minutes

Start to Finish Time: 3 hours 30 minutes



This is a very hearty, thick pea soup.

SOUP BASE:

- 2 pounds split peas
- 1 each ham bone
- 4 cubes chicken bouillon

BOUQUET GARNI:

- 2 sprigs thyme
- 1 sprig rosemary
- 2 leaves bay leaf
- 1 clove garlic, whole, smashed

BALANCE OF INGREDIENTS:

- 1 1/2 pounds ham, ground (leftover or from purchased ham steak)
- 1 medium onions, finely chopped
- 4 stalks celery, finely diced
- 1 cup carrots, finely chopped (or ground)
- 1 teaspoon black pepper
- 1 teaspoon dried marjoram
- 1/2 teaspoon red pepper
- 1/2 teaspoon liquid hickory smoke
- 1 tablespoon Worcestershire sauce
- 1 1/2 cups chicken broth, low sodium

GARNISH:

- croutons
- sour cream

Rinse peas in cold water.

In a large pot, mix 4 quarts water (16 cups), split peas, chicken bouillon cubes, and ham bone or pork belly. Bring to a boil.

Reduce heat to medium and cook mixture for 1-1/2 hours.

Make a bouquet garni with rosemary, thyme, garlic and bay leaves.

Remove any meat from ham bone. Return meat and bone back to the mixture.

Add ground ham, bouquet garni and the rest of the ingredients. Simmer covered for 1-1/2 hours.

Remove ham bone and bouquet garni.

Serve topped with croutons and/or sour cream

Per Serving (excluding unknown items): 409 Calories; 31g Fat (67.3% calories from fat); 12g Protein; 22g Carbohydrate; 8g Dietary Fiber; 35mg Cholesterol; 738mg Sodium; 5g Total Sugars; 1mcg Vitamin D; 43mg Calcium; 2mg Iron; 583mg Potassium; 187mg Phosphorus. Exchanges: .

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