



Recipe Name: Mmmmm Good Split Pea Soup

Serves: 8

Ingredients: 1 lb. dried green split peas
2 quarts chicken stock/broth
1 ham bone (optional)
2 stalks celery, chopped
1 onion, chopped
1 medium or 2 small carrots, chopped
2 Tbsp. olive oil
1 Bay leaf
3-4 thyme “branches”
2 tbsp. chopped parsley
1 pkg. (10 oz.) frozen chopped spinach, defrosted & liquid squeezed out
1 cup frozen or fresh peas
2 Tbsp. butter
1 cup heavy cream

Steps to follow: In large dutch oven, cook split peas in stock or broth along with the ham bone, bay leaf, parsley and thyme at a simmer for 30 minutes. Do not add much additional salt until tasting after soup is completely done, certainly not more than 2 tsp. In a large skillet, while peas simmer, cook separately in olive oil the celery, onion, carrots and spinach for 5 minutes or until vegetables are soft. After the split pea mixture has simmered for 30 minutes, add the sautéed vegetables and the frozen peas to the split pea mixture. Cover the dutch oven half way and simmer for 30 minutes. Take out the ham bone, dice any ham from the bone and return the ham to the pot. Before serving, beat in the soft butter and heavy cream. The soup can be pureed at this point. The soup is thick and will be thicker the next day. Thin by adding cream, more chicken stock or water.

Time: 1-1 ½ hours

Temperature: top of the stove

Variations: If no ham bone is available, can use 1 or 2 chopped hot dogs. Herbs can vary, including using marjoram, chives or lemon thyme. Thyme leaves can also be minced instead of using the “branches.”

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