RECIPE

Split Pea Soup with Ham

A thick, smoky split pea soup with diced ham and vegetables, an easy dinner that fills the freezer.

MAKES

8 servings (US | Metric)

TOTAL

2 h 30 min

Ingredients

- [ ] 1 lb dried green split peas, rinsed and picked over
- [ ] 5 oz cooked ham, diced (about 1 cup)
- [ ] 1 large onion, diced
- [ ] 2 medium carrots, peeled and diced
- [ ] 3 ribs celery, diced
- [ ] 3 cloves garlic, minced
- [ ] 4 cups reduced-sodium chicken broth
- [ ] 5 cups water
- [ ] 1 bay leaf
- [ ] ½ tsp dried thyme
- [ ] ½ tsp black pepper
- [ ] 1 tbsp cider vinegar

Method

1. Put the peas, ham, onion, carrots, celery, garlic, broth, water, bay leaf, thyme and pepper in a 6-quart pot. Do not add salt yet; the ham is salty.
2. Bring to a boil over high heat, then turn it down to a low simmer and set the lid a little ajar. Skim off any foam.
3. Simmer about 2 hours, stirring from the bottom every 15 minutes so the peas do not stick, until the peas have fallen apart and the soup is thick enough to mound on a spoon. At sea level this takes about 1½ hours; a mile up, with water boiling near 203 °F, plan on a quarter longer. If it gets too thick, add a splash of water.
4. Take out the bay leaf. Stir in the vinegar. Taste, and add salt only if it needs it.

5 Cool leftovers within 2 hours, then refrigerate. Reheat to a boil, stirring, and thin with water, since it thickens as it sits.