

# Split Pea Soup with Ham

## INGREDIENTS:

3 tablespoons butter  
2 cups diced onion  
2/3 cup (about 2 medium) carrots,  
diced  
1/2 cup (about 2 small stalks)  
celery, diced  
1 tsp dried thyme, or 4 fresh  
sprigs

2 ham hocks  
2 cups dried split peas,  
sorted and rinsed  
8 cups water  
1 teaspoon salt  
1/4 teaspoon black  
pepper



BENT COUNTY  
COLORADO STATE UNIVERSITY  
EXTENSION

## DIRECTIONS:

1. Melt butter in a large Dutch oven over medium-low heat. Add vegetables, stir, cover and cook for 5-8 minutes (stirring occasionally) until the vegetables just start to soften.
2. Add in the thyme leaves, ham hocks, peas and water. Cover and increase heat to high and bring to a boil. Once boiling, crack the lid and reduce the heat to a simmer and cook for 1 hour or until the ham is tender and the peas are melting into the soup.
3. Remove the ham hocks to a cutting board to cool and discard the thyme stems. Ladle 4 to 5 cups of the soup into a blender. Remove the center plug from the lid and cover with a kitchen towel to allow the steam to safely escape when pureeing. Pour the pureed soup back into the pot with the remaining soup and keep warm on low heat.
4. Discard the skin on the ham hocks and remove the meat from the bone (discard the bones as well). Dice the ham into small pieces and add it back to the pot. Taste and season with salt and pepper as desired and serve piping hot.