



## SPLIT PEA SOUP WITH HAM

### INGREDIENTS

- 2½ cups dried split peas
- 1 tablespoon olive oil
- 1 diced onion
- 1 cup chopped carrots
- 1 cup chopped celery
- 4 ounces lean ham
- 2 tablespoons liquid smoke
- 1 to 2 bay leaves
- Salt and pepper
- 6 cups water
- Chopped chives



### INSTRUCTIONS

Using a pressure cooker:

1. Sauté onions, carrots, celery and garlic in olive oil.
2. Add ham, peas, water, liquid smoke and bay leaf.
3. Cover and cook on high pressure for 15 minutes. Let the pressure release. Open it after the steam has been released.
4. Let stand for a few minutes. If soup is too thick add water; if too thin let it stand a little longer. It will thicken on its own.

### Nutrition facts

Serving size: 1 cup

Calories: 190  
Carbohydrate: 38 g  
Total fat: 3 g  
Protein: 17 g  
Sodium: 224 mg

*Makes 6 to 8 servings.*