

Smoky Split Pea Soup

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Servings: 6

Preparation Time: 15 minutes

Start to Finish Time: 8 hours 15 minutes

1 pound green split peas, rinsed
4 medium carrots, cut into 1/2-inch pieces
2 medium parsnips, cut into 1/2-inch pieces
2 stalks celery, cut into 1/2-inch pieces
2 cloves garlic, finely chopped
1 large onion, chopped
1/2 teaspoon dried thyme
2 (1 1/2 lb total) ham hocks
Kosher salt
pepper

In a 5- to 6-quart slow cooker, combine the split peas, carrots, parsnips, celery, garlic, onion, thyme and six cups of water.

Add the ham hocks and cook, covered, until the meat is tender and easily pulls apart, on LOW for 7 to 8 hours or on HIGH for 4 to 5 hours.

Transfer the ham hocks to a plate. When cool enough to handle, shred the meat, discarding the skin and bones.

Stir the meat back into the soup along with 1/2 teaspoon of salt and 1/4 teaspoon of pepper.

Per Serving (excluding unknown items): 688 Calories; 43g Fat (57.1% calories from fat); 52g Protein; 21g Carbohydrate; 6g Dietary Fiber; 241mg Cholesterol; 177mg Sodium. Exchanges: 1 Grain(Starch); 6 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat.