
Split Pea Soup with Ham & Lentils

Ingredients

- 2 tsp extra-virgin olive oil
- 1 ½ cups chopped onions
- 1 cup each chopped celery and chopped carrots
- 2 tsp minced garlic
- 1 tbsp minced fresh thyme, or 1 tsp dried
- ½ tsp dried oregano
- 7 cups chicken broth
- 1 whole meaty smoked ham shank
- 1 cup dry, Fieldstone Organics French Green Lentils
- 1 cup dry, Fieldstone Organics Split Green Peas
- 2 bay leaves
- ½ tsp pepper
- ¼ cup minced fresh parsley
- 1 tbsp balsamic vinegar
- Salt to taste

Method

In a large saucepan, heat 2 tbsp of the oil. Add the onions, carrot, celery, and garlic. Cook over moderately low heat until barely softened, about 5 minutes. Add the thyme and oregano and cook one more minute.

Add the remaining ingredients, except parsley, vinegar and salt. Bring soup to a boil. Reduce heat to low. Cover and simmer for 1 hour.

Remove ham shank from soup. Transfer half of the soup to a blender and puree. Return to pot. If there is meat on the shank remove and place the meat in the pot. Stir in parsley and vinegar. Taste soup and add pepper and salt if desired.



Notes

Adapted from Looneyspoons Collection

