

# Slow Cooker Split Pea Soup

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*Provided by Placer/Nevada UC CalFresh Nutrition Education Program*

Recipe type: soup, winter

Serves: 6-8

Prep Time: 15 minutes

Cook Time: 5 to 10 hours



## Ingredients

- 1 pound dried green split peas, rinsed
- 4 medium carrots, peeled and medium diced
- 2 medium celery stalks, medium diced
- 1/2 medium yellow onion, peeled and medium diced
- 2 medium garlic cloves, peeled and minced
- 1 teaspoon dried parsley
- 2 bay leaves
- 6 cups or 3 cans (14.5 oz.) vegetable broth
- 1 meaty smoked ham bone or 2 ham hocks, about 1 pound (optional)
- Salt and pepper

## Directions

1. Arrange the split peas in a 6-quart slow cooker in an even layer. Arrange the carrots, celery, onion, garlic, parsley, and bay leaves over the peas in one even layer. \*Place the optional ham bone or hocks on top of the vegetables.
2. Pour the vegetable broth in the slow cooker and season with salt and pepper. Cover and cook on High for 5 to 6 hours, or on Low for 8 to 10 hours, until the peas are very soft (and the meat is falling off the bones).
3. \*Optional: Remove the ham bone or hocks to a cutting board. When cool enough to handle, remove meat from the bones, place the meat back into the soup and stir to combine. Discard the ham skin and bones.
4. Remove the bay leaves, season with salt and pepper to taste, and serve warm.



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