



Total Time
75 MIN.


Serving & Size
1 CUP (8 OZ LADLE)

Difficulty
MEDIUM

Warm and comforting, this classic split pea soup with ham is made with Swanson® Unsalted Chicken Broth.

Yields
12

Nutrition Facts	
Serving Size	1 CUP (8 OZ LADLE)
Amount Per Serving	
Calories 197	
	% Daily Value
Total Fat 3g	5%
Saturated Fat 0.3g	2%
Cholesterol 2mg	1%
Sodium 309mg	13%
Total Carbohydrate 32.1g	11%
Dietary Fiber 10.2g	41%
Protein 11.8g	24%
Vitamin A 33%	Vitamin C 16%
Calcium 4%	Iron 10%

INGREDIENTS	WEIGHT	MEASURE
vegetable oil	1 oz.	2 tbsp.
onion, finely chopped	17 oz.	3 cups
carrot, finely diced	14 oz.	2 1/4 cups
garlic, peeled, minced		1 tbsp.
 Swanson® Unsalted Chicken Broth		2 qt.
green split pea	14 oz.	2 cups
bay leaf, individual leaf(ves)		2 leaves
smoked pork ham, diced	4 oz.	1 cups
Yukon Gold potato, unpeeled, diced	5 oz.	1 cups
carrot	5 oz.	1 cups
celery	4 oz.	1 cups
black pepper		1 tsp.
lemon juice, fresh		3 tbsp.
kosher salt		1 tsp.



INSTRUCTIONS

1. To sauté vegetables, in kettle heat oil over medium-high heat:

- Add onions and sauté 6 minutes, stirring often.
- Add carrots and cook 2-3 minutes.
- Mix in garlic and continue to cook 2 minutes while stirring.

2. Add the Swanson Unsalted Chicken Broth, split peas and bay leaves. Bring to a boil, reduce heat and simmer 30 minutes or until peas soften and start to break down, thickening the soup. Remove from heat.

3. Remove bay leaves. Puree soup with an immersion blender. Leaving some texture. Return to heat.

4. Stir in ham, potatoes, carrots, celery and pepper. Return to a simmer and cook 10 minutes or until vegetables are tender and heated through.

5. Just before serving, stir in lemon juice and salt.

CCP- Heat to a minimum internal temperature of 165°F for one (1) minute.

CCP- Hold for hot service at 140°F.

6. To Serve: Using an 8 oz ladle, portion 1 cup of soup.