

## Classic Split Pea Soup

This split pea soup is what comfort food is about! It's got a chunky, savory split pea base, and it's loaded with vegetables and ham. **Watch the video above** to see how this comes together!

PREP TIME: 15 mins

COOK TIME: 1 hr 20 mins

TOTAL TIME: 1 hr 35 mins

COURSE: Dinner, Soup    CUISINE: American



5 from 7 votes

KEYWORD: Split Pea Soup, Split Pea Soup Recipe    SERVINGS: 6 servings

CALORIES: 395kcal    AUTHOR: Lisa Bryan

### Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 medium onion diced
- 3 carrots diced
- 3 ribs of celery diced
- 2 garlic cloves minced
- 1 pound dried split peas rinsed
- ½ teaspoon dried thyme
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 1 bay leaf
- 1 meaty ham bone (see tips and alternatives above)
- 4 cups low-sodium chicken broth
- 3 to 4 cups water
- 1 cup diced ham (from ham bone or added separately)
- finely chopped fresh parsley, for garnish

### Instructions

1. Heat the oil in a large pot or Dutch oven over medium-high heat. Add the onion, carrots, and celery, and saute for 3 to 4 minutes. Then add the garlic and saute for another minute.
2. Add the split peas, thyme, salt, and pepper. Stir together.

3. Add the bay leaf, ham bone, chicken broth, and 3 cups of water. Bring to a boil, reduce the heat to a simmer, cover, and cook for 50 to 60 minutes, stirring occasionally, until the soup has thickened and the peas have broken down.
4. Using tongs, remove the ham bone to a cutting board and dice the remaining meat (about 1 cup of diced ham), then add it back to the soup. Stir and simmer uncovered for an additional 5 to 15 minutes, or until it's thickened to your liking. If it's too thick, you can add another cup of water. *Note that the soup will continue to thicken as it sits, so it's best if it's not overly thick at this stage.*
5. Discard the bay leaf, ladle the soup into bowls, and garnish with finely chopped fresh parsley and black pepper.

## Notes

- You do not need to pre-soak the split peas for this recipe.
- If you use regular rather than low-sodium chicken broth, you might need to reduce the added salt, so that the soup isn't overly salty.
- The serving size is based on using 4 cups of water.

## Nutrition

Calories: 395kcal | Carbohydrates: 53g | Protein: 30g | Fat: 8g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Cholesterol: 18mg | Sodium: 782mg | Potassium: 1142mg | Fiber: 21g | Sugar: 9g | Vitamin A: 5223IU | Vitamin C: 18mg | Calcium: 73mg | Iron: 4mg