

Split Pea Soup

Oshkosh Community YMCA

There is nothing like classic split pea soup to satisfy your comfort food craving. This split pea soup recipe is complete with ham, hearty veggies, and simple seasonings.

INGREDIENTS:

- 2 ¼ cups dried split peas
- 2 quarts cold water, plus more as needed
- 1 ½ pounds ham bone
- 2 onions, thinly sliced
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 pinch dried marjoram
- 3 stalks celery, chopped
- 3 carrots, chopped
- 1 potato, diced



INSTRUCTIONS:

1. Place peas in a large stockpot and cover with several inches of cold water; let soak, 8 hours to overnight. Drain, rinse, and return peas to the pot.
2. Add 2 quarts of cold water, ham bone, onion, salt, pepper, and marjoram to the stockpot. Cover, bring to a boil, and simmer for 1 ½ hours, stirring occasionally.
3. Remove ham bone; cut off meat, dice, and return meat to soup. Add celery, carrots, and potatoes. Cook slowly, uncovered, until vegetables are tender, about 30 to 40 minutes.

Nutrition Facts
Servings Per Recipe 6
Calories 310

	% Daily Value *
Total Fat 1g	1%
Saturated Fat 0g	1%
Sodium 255mg	11%
Total Carbohydrate 58g	21%
Dietary Fiber 22g	77%
Total Sugars 10g	
Protein 20g	39%
Vitamin C 14mg	15%
Calcium 85mg	7%
Iron 4mg	22%
Potassium 1084mg	23%

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.