



Classic Split Pea Soup



- 1 tbsp (15 mL) canola oil
- 1/2 cup (125 mL) chopped onion
- 3/4 cup (175 mL) diced carrot
- 3/4 cup (175 mL) diced potato
- 1 cup (250 mL) yellow split peas
- 4 cups (1 L) sodium reduced chicken broth
- 1/3 cup (75 mL) diced lean cooked ham
- 1 bay leaf
- 1/8 tsp (0.5 mL) ground black pepper

Directions:

1. In large saucepan, heat canola oil over medium-high heat and add onion, carrot and potato. Sauté until vegetables are tender.
2. Add split peas, broth, ham and bay leaf.
3. Bring to boil; reduce heat; cover and allow to simmer for about 45 to 60 minutes or until peas are tender and soup has thickened. Stir occasionally. Remove bay leaf. Add pepper just before serving.