



# Ham And Split Pea Soup

Servings: **6 servings**

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## Ingredients

2 tablespoons olive oil divided  
1 1/2 cups diced smoked ham  
1 small onion chopped  
1 cup green split peas  
1 can chicken broth - (14 1/2 oz) mixed with  
1 can water  
1/2 teaspoon dried sage leaves  
Salt to taste  
Freshly-ground black pepper to taste

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## Directions

Heat 1 tablespoon oil in a large saucepot over medium heat. Cook ham 5 minutes, or until lightly browned. Remove with a slotted spoon and set aside.

Add remaining tablespoon of oil to pot. Cook onion 5 minutes, until softened. Add peas, broth mixture and sage. Bring to a boil. Reduce heat to low and cook 35 minutes, or until peas are tender.

Puree half the soup in a blender, and return to pot along with reserved ham. Cook over medium heat 10 minutes for flavors to blend. Add salt and pepper to taste.

This recipe yields 6 servings.

Carbohydrates: 21.5 grams  
Net Carbs: 16.5 grams  
Fiber: 5 grams  
Protein: 15.5 grams  
Fat: 7.5 grams  
Calories: 219

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