

SLOW COOKER PEA & HAM SOUP

Ingredients:

800 gm Ham Hock
1 x Brown onion, finely diced
2 x Carrots, chopped
2 x sticks of Celery, chopped
2 x cups yellow split peas, rinsed well
1 x bayleaf
10 x cups water

Method:

place split peas on bottom of slow cooker

Add carrots, onion, celery, bay leaf and ham hock

Cover with water

Cook on low for 6-8 hrs or on high for 4-6 hours or until meat falls of the bone easily

Remove bone chop of fat and skin, chop meat and return to soup.

This soup freezes well. I freeze in 1meal portions and microwave on high until piping hot. Serve with bake at home crusty bread rolls. This recipe is for an 800gm hock ,. if hock is smaller use less water.