



Slow Cooker Pea and Ham Soup

Serves 6-7

Ingredients:

- 450g split green or yellow peas, rinsed
- 1 meaty ham hock
- 2 carrots, peeled and chopped
- 1 potato, peeled and chopped
- 1 onion, chopped
- 2 stalks celery, sliced
- 1 bay leaf
- 1.2l water
- salt and freshly ground pepper

Method:

1. Place the split peas in the slow cooker and put ham hock on top
2. Add the carrots, potato, onion, celery and bay leaf
3. Add the water and do not stir
4. Cover and cook on low for 8 hours or on high for 4-6 hours
5. Remove the ham (meat should fall off the bone easily) and discard the bone, fat and skin
6. Blend the soup or mash the peas
7. Chop the meat and return to the soup
8. Season to taste if necessary

