



## SPLIT PEA SOUP

### INGREDIENTS

- 2 ¼ cups **dried split peas**
- 8 cups cold **water**
- 8 ounces diced **ham** or 1 **ham bone**
- 2 **onions**, thinly sliced
- ½ teaspoon **salt**
- ¼ teaspoon ground **black pepper**
- Pinch of dried **oregano**
- 3 stalks **celery**, chopped
- 3 **carrots**, chopped
- 1 **potato**, diced

### DIRECTIONS

1. In a large stock pot, cover split peas with 8 cups of cold water and soak overnight (for a faster method, simmer the peas gently for 2 minutes, and then soak for 1 hour).
2. Once peas are soaked, add ham, onions, salt, pepper, and oregano. Cover, bring to boil, and reduce to simmer for 1 ½ hours, stirring occasionally.
3. Add celery, carrots and potatoes. Cover and cook for 30 to 40 minutes, or until vegetables are tender.

## CRUNCHY SPLIT PEAS

### INGREDIENTS

- ½ cup **dried split peas**
- ½ tablespoon **oil**
- ½ teaspoon **salt**
- 1 teaspoon **herbs, spices, and/or seasoning blends** of choice (ranch, barbecue, Cajun, or make your own!)

### DIRECTIONS

1. Soak split peas for at least 4 hours or overnight. Drain and pat dry.
  2. Heat oil in a large skillet over medium-high heat.
  3. Add the split peas along with the salt and desired seasonings and stir frequently until golden in color and crunchy in texture, about 7-10 minutes\*
  4. Remove from pan and serve. Store in an airtight container.
- \*Tip: split peas can be spread on a greased baking sheet and baked at 400°F for 30 minutes, stirring and checking for doneness every 10 minutes.*