

## *Split Pea & Ham Soup*

*Serves 6*

*What you'll need:*

*1 lb dry green split peas*

*1 tsp olive oil*

*2 large carrots, peeled*

*1 medium onion, diced*

*2 cloves garlic, minced*

*7 oz ham steak, diced*

*6 cups water*

*1 Tbsp Better Than Bouillon or 1 cube*

*(can use chicken broth instead)*

*1 bay leaf*

*What to do:*

*Rinse peas under cold water.*

*In a pressure cooker, heat oil over medium heat. Add onions, carrots, and garlic and sauté 4-5 minutes. Add ham, peas, water, chicken bouillon and bay leaf and bring to a boil. When the liquid boils, cover and lock the lid and continue cooking until the pot reaches pressure, then reduce heat to low and set a timer for 20 minutes.*

*After the 20 minutes, shut the stove off and let the pressure cooker release the steam on its own. When the lid unlocks, adjust liquid if needed, taste for salt and pepper and remove bay leaf. If the soup looks as it should cook a little longer, you can let it simmer covered (unlocked) until it has reached the thickness you like.*