

## Ingredients

Serves 10-20

¼ cup olive oil
2 large onions, diced
8 celery stalks, diced
6L water
8 stock cubes (chicken or vegetable)
2kg split peas
1 tsp oregano
1 tsp garlic powder
1 bay leaf
4 cups cooked leg ham, cubed
5 carrots, diced
Cracked black pepper, to taste



## Method

1. Heat oil in a large saucepan or stock pot, sauté onions and celery until soft.
2. Add water, stock cubes, split peas, oregano, garlic powder, bay leaf and ham. Bring to the boil and then reduce to simmer over low heat for 90 minutes, stirring regularly.
3. Once soup has thickened, remove the bay leaf and add carrots. Simmer for another 30-60 minutes or until carrots are tender. Season with pepper to taste.

Note: Recipe makes approximately 20 entrée size servings (around 1 cup serves) or 10 larger servings.

## Nutrition, hints and tips

- Split peas are high in protein and fibre, low in saturated fat and contain plant based (non-haem) iron.
- Split peas have a low GI rating of 32, providing long lasting energy.
- Freshly prepared soups with added vegetables provide a range of vitamins and minerals and much less sodium (salt) than soups made from a powdered-base.
- Use gluten free stock and ham if serving to residents with Coeliac Disease.
- To increase protein content, add additional legumes such as cooked chickpeas, cannellini beans or other cooked white beans to the soup.
- A dollop of cream, sour cream or plain natural yoghurt can be added to increase the energy content of the soup.
- This soup can be blended for residents receiving a Texture Modified Diet.