

Instant Pot Split Pea Soup with Ham



Servings: 8

*3 tablespoons butter
1 onion diced
2 ribs celery diced
2 carrots diced
1 ham bone a smoked ham hock or 6 oz. diced deli ham can also be used
1 lb. dry split peas sorted through and rinsed
6 cups low sodium chicken stock/broth or veggie stock, water, or a mixture
2 bay leaves
kosher salt and black pepper
chopped fresh parsley for garnish, optional*

Turn pressure cooker to the "sauté" setting. Melt butter (3 tablespoons) and sauté onion, celery, and carrots for about 5 minutes, until softened.

Add the split peas, chicken stock (6 cups), ham bone (or hock or 6 oz. diced cooked ham), and the 2 bay leaves. Turn off the "sauté" function. Cover pressure cooker and set to manual, high pressure for 15 minutes.

Allow the pressure to naturally release for 10-15 minutes. Then, quick release the pressure valve.

Taste and season with salt and pepper if necessary. Serve immediately, or store in your refrigerator for up to 1 week or freezer in an airtight container for up to 6 months.

Per Serving (excluding unknown items): 38 Calories; 4g Fat (99.5% calories from fat); trace Protein; trace Carbohydrate; 0g Dietary Fiber; 11mg Cholesterol; 34mg Sodium; trace Total Sugars; 0mcg Vitamin D; 1mg Calcium; trace Iron; 1mg Potassium; 1mg Phosphorus. Exchanges: .