

# Hearty Yellow Spilt Pea Soup with Ham & Toasted Rye Croutons

[Steve Shipley of Johnson & Wales](#)

From the Yale Appliance + Lighting Chef Series

**Ingredients:**

- 1 1lb bag of dried split peas (rinsed)
- 1 tbsp olive oil
- 1/2 onion, diced
- 2 cloves of garlic, minced
- 1-2 carrots, diced
- 1-2 stalks of celery, diced
- 1 large russet potato, peeled and diced
- 1 lb ham steak, diced
- 7-8 cups of chicken stock or vegetable stock
- 1 bay leaf
- Salt and pepper to taste

**Method:**

Heat olive oil in a dutch oven pot over medium heat. Cook the onion until slightly tender. Add garlic and ham & cook for 60 seconds. Add the stock, split peas, bay leaf to pot and salt and pepper to taste. Cook over medium low heat for 1 1/2 - 2 hours.

Add the carrots, celery and potatoes then cook for an additional 30-45 minutes or until the vegetables are tender. Remove bay leaf. If you want it to be a bit thicker, mix with an immersion blender for a few seconds.

**RYE CROUTONS** - Cube 4 slices of thick-cut rye bread. Toss with 1-2 tablespoons of olive oil and toast on a baking sheet at 350F for 8-10 minutes until they are golden and crispy.