

Split Pea Soup

This recipe makes about 8 cups of soup



Ingredients

2 cups raw split peas
5 cups vegetable broth
1 tsp garlic powder
1 onion diced
2 stalks of celery sliced or diced
2 whole carrots sliced or diced
1 cup diced ham

salt and pepper to taste

Directions:

1. Set your Instant Pot to Sauté mode.
2. Add 1-2 tablespoons of vegetable broth to the pot
3. Stir in the diced onion and lean diced ham, cooking until the onions are slightly browned and fragrant
4. Add the carrots and celery to the pot, then pour in the remaining vegetable broth
5. Stir in the split peas, garlic powder, and season with salt and pepper to taste.
6. Close the lid, set the Instant Pot to High Pressure, and cook for 20 minutes
7. Once done, allow the pressure to naturally release for about 10 minutes before opening.
8. Add parchment paper to your trays
9. Pour soup into the trays
10. Place dividers (if you choose). We like to use 10 portions per tray
11. Freeze dry (my cycle time was 37 hours)
12. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 2 cups of hot or boiling water to 2 divider portions (if using) or about 1 ½ cup of freeze-dried soup. Stir and cover for a few minutes. Enjoy

Notes:

For a vegan version, leave out the ham.

Nutritional Value Per 1 ½ cups of soup

Calories: 171 Protein: 13 g Fat: 1 g Carbohydrates: 27 g Sugars: 3g Fiber: 9 g