Split Pea Soup

1 Recipe makes 8 cups filling 2 trays for medium, and 3 recipes filled all 5 Large trays*

Live Life Simple's: MY FAVORITE FREEZE DRYING RECIPE!! Freeze Dried Split Pea Soup

Ingredients:

2 C Split Peas

5 C Vegetable Broth

1 tsp Garlic Powder

½-1 Onion diced

2 Stalks of Celery sliced or diced

2 whole Carrots sliced or diced

1 C diced Ham

Salt and Pepper to Taste

Directions:

1. Set your InstantPot on Saute, (prepare vegetable broth so saute onions and ham instead of oil.) Spoon a Tablespoon or two of vegetable broth into the bottom of InstantPot and add Onion and lean diced ham and let cook until onions are slightly browned.
2. Add Carrots and Celery and the rest of the 5 Cups of Vegetable Broth, 2 Cups of Split Peas, 1 tsp of Powder, and salt and pepper to taste then stir it all together.
3. Close InstantPot set to Hi pressure cook and set for 20 minutes.
4. Line your tray with precut parchment and spread out on your tray, then add tray dividers in the 10 portion setting
5. pre-freeze and then freeze dry.
6. Store Appropriately (see Tips and Tricks for storage help)

Cycle Time: My cycle time in a large freeze dryer with an oil less pump was 37 hours.	**Rehydration:** Add water, stir, let stand for a few minutes and then repeat. You may want to rehydrate in a blender or food processor to make it creamy.

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