

# SORGHUM SPLIT PEA SOUP

Preparation: 20 min. | Cooking: 1 hr. | Servings: 6

## INGREDIENTS

*4 sprigs of fresh thyme*  
*2 bay leaves*  
*1 small ham bone*  
*1 chopped onion*  
*6 cups no salt added chicken stock*  
*1 1/4 cup peas (green/split)*  
*3/4 cup sliced carrots*  
*3/4 cup sliced celery*  
*2/3 cup chopped ham slices*  
*1 1/2 tablespoons olive oil*  
*1 1/2 teaspoons minced garlic*



## INSTRUCTIONS

In a four-quart stock pot or large pot, heat oil over medium heat. Add onion, carrots, celery and garlic; season with salt and pepper and cook, stirring occasionally, for 10 to 12 minutes or until onion is tender. Add chicken stock, split peas, ham bone, ham, sorghum, thyme sprigs and bay leaves. Bring to a boil, reduce heat and simmer, covered for 45-60 minutes or until split peas are soft and sorghum is tender. Remove ham bone, thyme sprigs and bay leaves from soup. Remove ham from bone, chop ham and return to pot. Discard bone, thyme sprigs and bay leaves. Add Worcestershire sauce, and season with pepper. Garnish with chopped fresh thyme and cracked black pepper, if desired.