

SPLIT PEA SOUP

1 (16 oz) pkg dried split peas
2 quarts water, ham or chicken broth
1 1/2 cups sliced large carrots (not baby carrots)
1 cup chopped onion
1 tbsp. minced garlic
1 cup diced, cooked ham
2 bay leaves
1/2 tsp. salt
1/2 tsp. black or white pepper

Ham or chicken broth can be made from reconstituted soup base. Use low sodium soup base or omit salt from recipe. Alternatively, a lean ham bone may be cooked in the soup and removed before canning.

In a large soup pot, combine dried peas and water or broth and bring to a boil. Cover and simmer over lowest heat for until peas are soft (about 60 minutes). Stir occasionally.

If you prefer a smooth soup, all or part of the soup may be pureed in a scrupulously clean blender or food processor (or this step may be saved for when the jar is opened and served). A hand blender may be used if you want to smooth only a portion of the soup.

Return the pureed soup to the pot and add the remaining ingredients; simmer for another 20 minutes, adding boiling water if needed, if soup becomes too thick. Remove bay leaves.

Ladle soup directly from pot into hot jars, leaving 1-inch headspace. The headspace is important for proper processing. Wipe the rim of the jar clean using a damp paper towel. Adjust two piece lids.

Process pints in a pressure canner for 1 hour and 15 minutes or quarts for 1 hour and 30 minutes (begin counting time when pressure cooker gauge reads 10 lbs PSI or 10 lb setting of weight gauge begins to jiggle).