

**Yeah gidday,
first recipe for the l vad and you group.**



Pea and Ham soup. Aussie style.

Ingredients

3 ham smoked ham hocks
2 leeks
3 carrots
2 large onions
1 cup of yellow split peas.

Method.

Firstly put ham hocks in a pressure cooker (instantpot or similar) if you do not have one of these miracle thingies, boil the hocks until very tender.

Meanwhile in a large pot, chuck in the coarsely chopped onions and half fill the pot with water, bring to the boil then simmer.

In another pot throw in your chopped carrots and boil until soft.

In another small pot place peas in and cover with cold water, bring to the boil and then let cool.

When the hocks have done their thing, take all the meat off the bones. Do not throw away any liquid from any of the pots.

Now you can mash the carrots and add to the pot of onions, add the peas and the meat and the liquids from all of the pots.

Let cook for around 2 hours or when you remember you have something cooking.....

Eat and enjoy.

Give the bones to a neighbours dog or your own, they will love you for it. Store soup in the fridge or freezer.

Notes

This soup costs about \$15-18 to make and yields about 20 mugsfuls.

It is low sodium if consumed by mug, not a large bowl like a greedy bugger might have.

I use fresh veggies only. The carrots can be found loose in the produce section along with the onions.

Not sure if I put in celery, umm, oh well, it will taste much the same I expect.