



Instant Pot Split Pea Soup



Instant Pot Split Pea Soup has lots of flavor, and is a comforting, warm hug in a bowl! With ham, onion, garlic and thyme. You can also make this vegetarian or vegan.

Course	Dinner, Lunch, Soup
Cuisine	American
Keyword	pressure cooker split pea soup recipe

Prep Time	15 minutes
Cook Time	28 minutes
Total Time	58 minutes

Servings	6 - 8
Calories	325 kcal
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Ingredients

- 1 Tbsp Olive Oil
- 2 Tbsp Butter
- 1 Onion, diced
- 3 Stalks of Celery, diced
- 2 Bay Leaves
- 1/2 tsp Thyme Leaves, dried
- 3 Carrots, chopped
- 4 cloves Garlic, pressed or finely minced
- 1/2 tsp Salt
- 1/4 tsp Pepper
- 6 cups Chicken or Vegetable Broth (use only 5 cups for a thick soup, 7 cups for a thinner soup)
- 1 lb Green Split Peas, rinsed and sorted (unsoaked)
- 1 tsp Liquid Smoke (Optional) for vegetarian version

Use any of these for your meat (or a combination of them)

- 6 slices Bacon (Optional) chopped
- 2 small Ham Hocks (Optional) Not very meaty, but add a nice smoky flavor and richness.
- 1 Leftover Ham Bone (Optional) I like to use this with the diced ham
- 2 - 3 cups Diced Leftover Ham (Optional)

Instructions

1. Turn the pressure cooker on to the Sauté function. Let it warm up and add the olive oil and butter.
2. Add the onion, celery, bay leaves, and thyme. Cook, stirring occasionally, until onion starts to turn translucent.
3. Add the carrots, garlic, bacon or ham, if using, and salt & pepper. Cook for a minute.
4. Add the broth and ham bone or ham hocks, if using (Add liquid smoke, if using, for vegetarian method). Let come to a simmer.
5. Stir in the split peas.
6. Place the lid on the pot and lock it in place. Set the steam release knob to the Sealing position.
7. Cancel the sauté function and Choose Pressure Cook/Manual, and use the + or - or dial to choose 18 minutes. High pressure. It will take a few minutes for the pot to come to pressure.
8. When the cooking time has finished, let the pot sit undisturbed for 15 minutes to naturally release some of the pressure. Then turn the steam release knob to Venting to quick release the remaining pressure.
9. When the pin in the lid drops down, carefully open the lid, facing away from you. Remove the bay leaves and the bone or ham hocks, if you used them.
10. Taste and adjust the salt as desired.
11. Serve hot. The soup will thicken quite a bit when it cools, that is normal.

Recipe Notes

If you want a Vegetarian or Vegan soup, omit the butter (for vegan), use vegetable broth, and try some liquid smoke to give the soup a nice smoky hint of flavor.