

Split Pea & Ham Hock Soup



Ingredients

- 1/2 cup yellow onion, chopped
- 1/2 cup celery, chopped
- 1 cup potatoes, chopped
- 1 cup carrots, chopped
- 2 tbspc. olive oil
- 1 cup chopped ham or smoked sausage
- 2 cups dried split peas
- 1 - 2 small - medium ham hock
- 3 cloves of finely chopped garlic
- 4 - 6 cups water or chicken stock

Directions:

1. Press **SOUP/STEW** to activate the heating element. Add olive oil and sauté the onions, celery and garlic for a few minutes.
2. When the vegetables have become a bit soft, add the split peas to the mixture and give it a stir.
3. Take the piece of ham hock and use a sharp knife to cut a few slits into the chunk without slicing all the way through. Add it to the mixture in the pot.
4. Pour water into the Pressure Pro so that it overlaps the mixture by 2".
5. Shut the lid, adjust the **PRESSURE VALVE** to **SEAL**.
6. When complete and pressure has been released, open the lid. Add chopped carrots, potatoes and ham.
7. Using the **1 MINUTE** button, set for 5 minutes. Serve while hot.