



# Sorghum Split Pea Soup



Total Servings: **6**

Serving Size: **1¼ cup**



Prep Time: **20 minutes**

Cook Time: **60 minutes**

## Ingredients

1½ tablespoons olive oil  
1 onion, chopped  
¾ cup sliced carrots  
¾ cup sliced celery  
1½ teaspoons minced garlic  
6 cups no-salt-added chicken stock  
1¼ cups green split peas  
1 small ham bone  
2/3 cup chopped ham  
2/3 cup pearly sorghum  
4 sprigs thyme  
2 bay leaves  
1½ tablespoons Worcestershire sauce  
Chopped fresh thyme and cracked black pepper (optional)

### Nutrition Facts Per Serving

Calories 336	Protein 20g
Total Fat 8g	Vitamin D 3%
(Saturated Fat 2g)	Calcium 5%
Cholesterol 22mg	Iron 17%
Sodium 573mg	Potassium 19%,
Total Carb 48g	Phosphorus 227mg
(Dietary Fiber 12g,	(18%)
Sugars 7g)	

## Instructions

1. In a 4-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 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.
2. 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 salt and pepper.
3. Garnish with chopped fresh thyme and cracked black pepper, if desired.

**powerful**  
**+ pairings**  
delicious + nutritious + ingenious