



“Teaching research-based practices of safe home food preservation to the residents of Solano and Yolo Counties.”

Let's make Split Pea Soup!

Winter is for soup. There is nothing more delicious and comforting on a cold winter night than soup.

Do you have a nice fat ham bone left over from your holiday dinner? Or, a beautiful vegetable broth you may have made using all the scraps from your holiday meals?

You can also buy a ham bone or a ham hock. Anyway, Split Pea soup is a wonderful thing. Soup is a healthy fast food we can keep on hand for those days when we just do not have the time, nor the energy, to think about making a healthy dinner for ourselves and our families.



First, remember that soups must be pressure canned or frozen. Processing in a boiling water bath is **NOT** safe.

Read the directions for your pressure canner. It is always a good idea to review the instructions before using it.

It is also a good idea to review pressure canning in general
http://nchfp.uga.edu/publications/uga/using_press_canners.html

And read about pressure canning soups, specifically
http://nchfp.uga.edu/how/can_04/soups.html

Remember the vinegar. Add 2 Tbsp. to the water in your canner to keep hard water marks from forming on your jars. Also, clean the rims of your filled jars with white vinegar. This cuts the oil from the meat off the rims and helps to insure a good seal.

Follow the recipe and processing instructions exactly to make a safe and delicious product.

SPLIT PEA SOUP

Source: Ball Complete Book of Home Preserving

2 cups dried split peas
8 cups. Water (or meat or vegetable stock)
1 cup onion, chopped
1 ½ cups carrots, sliced
1 cup cooked ham, diced
1 bay leaf
¼ tsp. allspice
Salt and pepper to taste

Combine dried peas and water in a large kettle. Bring to a boil. Reduce heat and simmer, covered, about 1 hour or until peas are soft. If a smooth soup is desired press mixture through a sieve or food mill. Return mixture to kettle. Add remaining ingredients and simmer gently, about 30 minutes. If mixture is too thick add boiling water. Ladle hot soup into hot jars, leaving 1" headspace. Remove bubbles. Wipe jar rims clean. Place lids and rings on jars, tightening rings finger tight. Process pints for 75 minutes, and quarts. for 90 minutes at 10 lbs. pressure in a pressure canner.

Adjust for elevation, if applicable.

http://nchfp.uga.edu/how/can_04/soups.html

Yield: About 5 pints or 2 quarts.



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