

DINNER

Smoky Pea Soup

6 October 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
10 min	10 min	6	\$5.00	852 kcal



Smoky Pea Soup requires around 10 minutes from start to finish. This recipe serves 6 and costs \$5.0 per serving. This main course has 1368 calories, 133g of protein, and 27g of fat per serving. Winter will be even more special with this recipe. 1 person has tried and liked this recipe.

Ingredients

- ☐ 1 bay leaf
- ☐ 2 cups large celery stalks, chopped
- ☐ 2 garlic cloves, chopped
- ☐ 1 ham bone from a roast or 1/2 cooked smoky bacon
- ☐ 1 teaspoon salt
- ☐ 2 cups large carrots, coarsely chopped
- ☐ 64 ounce chicken broth
canned
- ☐ 1 pound green split peas
- ☐ 1 cup large onion, coarsely chopped
- ☐ 1 teaspoon dried thyme leaves

EQUIPMENT Pot

Method

- 1

Combine all the ingredients in a large, heavy stockpot. Bring to a boil over high heat. Reduce heat to low; cover and cook, stirring occasionally, for 2 hours or until the vegetables are very tender, adding up to 2 cups more broth if necessary.
- 2

Add salt, 1/2 teaspoon at a time, tasting after each addition.

Nutrition per serving			
	852	96 g	26 g
	KCAL	PROTEIN	FAT
			56 g
			CARBS
Saturated Fat			7 g · 44% of daily needs
Fibre			21.5 g · 86% of daily needs
Sugar			9.7 g · 11% of daily needs
Sodium			1,914 mg · 83% of daily needs
Cholesterol			151 mg · 50% of daily needs
Vitamin C			7.8 mg · 9% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/smoky-pea-soup-148394