



Pea and Ham Hock Soup

Ingredients

2 tbsp. olive oil
3 celery stalks, chopped
2 big carrots, peeled and chopped
2 medium potatoes, peeled and cut into cubes
2 cups frozen spring peas
1 [Sinclair Family Farm Ham Hock](#), fat trimmed and rind removed
2 tsp. paprika
2 tsp. cumin
2 tsp. garlic powder
2 tsp. oregano
2 tsp. salt
Black pepper to taste
8 cups water



Method

1. Heat oil in a large saucepan. Add onion and celery, cook for 2 minutes.
2. Add carrots, potatoes, frozen peas, ham hock and water.
3. Bring to a boil, then reduce heat and simmer for 50-60 minutes until vegetables are cooked and ham hock is very tender. Remove ham hock and allow to cool.
4. Cut meat from the boned and shred finely. Blend the soup until smooth with a hand blender.
5. Bring soup slowly back to a boil. Reduce heat and simmer. Add ham meat.
6. Serve with [warm sourdough from Love and Sourdough!](#)

Adapted from Cookpad