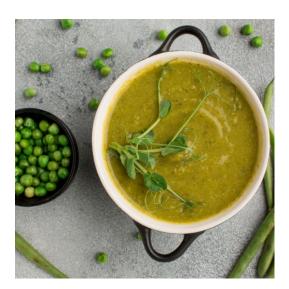


Pea and Ham Hock Soup

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 <u>Sinclair Family Farm Ham Hock</u>, 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 hack 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