

# PEA AND HAM HOCK SOUP

## Ingredients

1 **Sinclair Family Farm** ham hock, fat trimmed and rindless (skin off)  
2 cups frozen spring peas  
2 medium potatoes, peeled and cut in cubes  
2 big carrots, peeled and chopped  
3 celery stalks, chopped  
1 onion, chopped  
2 tbsp. olive oil  
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. Add carrots, potatoes, frozen peas, ham hock and spices and water.
2. Bring to the boil. Reduce heat and simmer for 50-60 minutes until vegetables are cooked and ham hock is very tender. Remove pan from heat. Remove ham hock and allow it to cool
3. Cut meat from the bone and shred finely. Blend the soup until smooth with a hand blender.
4. Bring soup slowly back to the boil. Reduce heat and simmer. Add ham meat.

*Adapted from Cookpad*

