

Split Pea Soup

1 pound dried split peas, rinsed (look for small rocks), and drained

1 large ham shank (about 1 ½ to 1 ¾ pounds) **From the butcher not Save A Lot, Aldi, Kroger, Meijer**

3 or 4 sliced carrots

1 medium or large onion, chopped

3 or 4 ribs sliced celery

1 bay leave

1/2 teaspoon pepper

2 or 3 garlic cloves chopped

1 or 2 cans of chicken broth (preferably low sodium) plus enough water to = 5 cups

Mix everything but the bay leave and ham shank in a 5 or 6 quart crock pot at bedtime. Place the ham shank and bay leave on top. Turn on low and cook 10 to 12 hours. Throw the bay leave away. Remove the ham shank and cool in the refrigerator until you can handle it. Remove fat and bones, shred the meat and return it to the crock pot. If the ham shank is frozen it may take the full 12 hours. If it is too thin add some instant mashed potatoes to thicken it while it is still hot.