



## Instant Pot Split Pea & Ham Soup (Gluten-Free)

*This Instant Pot Split Pea Soup with Ham is such an easy soup recipe to throw together. Serve this hearty and flavorful soup with a side salad or crusty bread. The leftovers are great too, and can be re-heated for a quick lunch or dinner. This recipe is naturally gluten-free and can be made vegetarian. Ready in 45 minutes.*

total time: **45 MINUTES** yield: **8** 1X

### Ingredients

- 1 tablespoon olive oil
- 1 onion, diced
- 2 carrots, chopped
- 2 celery ribs, chopped
- 2 garlic cloves, minced
- 1 pound uncooked split green peas, rinsed and drained
- 6 cups reduced-sodium chicken broth or vegetable broth
- 1/2 teaspoon dried thyme
- 1 bay leaf
- 1 8-ounce cooked ham steak, diced (be sure your ham is gluten-free if you are on a gluten-free diet)

### Instructions

1. Press the Sauté button on a 6-quart or 8-quart Instant Pot. Pour in the oil and let it heat up for a few minutes.
2. Add the onion, carrots, celery, and garlic, and cook for 2-3 minutes, stirring occasionally.
3. Add the rinsed split peas, broth, thyme, and the bay leaf.
4. Lock on the lid and set the time to 15 minutes at high pressure.
5. When the cooking time is complete, let the pressure come down naturally for 10 minutes.
6. Then, use the quick-release to get rid of any remaining pressure.

7. Remove the lid and discard the bay leaf. Stir in the diced ham steak and let it heat up in the soup for a few minutes.
8. Serve the soup hot.

## Notes

- You do not have to soak green peas before cooking them.
- If you prefer a thinner consistency, feel free to stir in an extra cup of warmed broth or water at the end of the cooking process.
- To make this recipe vegetarian, just leave out the ham and add a teaspoon of salt to help replace some of the flavor.
- You can use bacon instead of ham in this recipe. You can either sauté a pound of uncooked bacon with the veggies, or you can stir in cooked and chopped bacon at the end.

*Author:* Carrie Forrest, MPH in Nutrition *Prep Time:* 10 minutes *Cook Time:* 15 minutes *Category:* Soup  
*Method:* Instant Pot pressure cooker *Cuisine:* American *Diet:* Gluten Free

## Nutrition

**Serving Size:** 1/8 of recipe **Calories:** 277 **Sugar:** 6.4 g **Sodium:** 803.9 mg **Fat:** 3.7 g  
**Saturated Fat:** 0.8 g **Carbohydrates:** 40.2 g **Fiber:** 15.3 g **Protein:** 21.9 g **Cholesterol:** 12.8 mg

*Find it online:* <https://www.cleaneatingkitchen.com/instant-pot-split-pea-soup/>