

**healthy body**



**healthy mind**

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### **Pea and Smoked Ham Soup**

3 slices of well smoked thick cut ham  
1 Small onion  
2 mugs of garden peas  
1 pint of vegetable or chicken stock

#### **Method**

Sweat off 1 small onion in a pan with a drizzle of olive oil and pepper. Pour over the stock and bring to the boil. Slice the ham into small pieces and transfer to the pan, leaving a one third back for later.

Now the peas can go in and it can be left to simmer for 8/ 10 minutes.

Remove from the heat and blend to a smooth consistency. Once blended all that is left is to stir through the left over ham bits to add some texture.