

Instant Pot Split Pea Soup

Yield: 10 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-pork-hock-stew-recipe>

Ingredients:

- 16 ounces split peas
- 1 pork hock ham bone, smoked turkey, diced ham
- 6 cups chicken stock
- 1 onion diced
- 2 garlic cloves minced
- 2 teaspoons ginger paste
- 1 tablespoon curry powder
- 2 tablespoons bacon fat or butter

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 25 milligrams
4. Fat: 7 grams
5. Fiber: 12 grams
6. Protein: 20 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 460 milligrams
9. Sugar: 7 grams

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