



Smoky Black-Eyed Pea Soup

GF
option

INGREDIENTS

6 slice(s) Hy-Vee Country Smokehouse thick-sliced hickory-smoked slab bacon, chopped
2 cups unpeeled sweet potatoes, chopped
1 cup celery, sliced
1 medium yellow onion, chopped
1 tbsp lite Creole seasoning
1 tsp bottled minced garlic
½ tsp smoked paprika
½ tsp Hy-Vee black pepper
2 (32-oz.) containers Hy-Vee 33% less sodium chicken broth
1 (14- to 16-oz.) split smoked ham shank
1 tbsp Full Circle Market organic unfiltered apple cider vinegar
2 (15.5-oz.) cans black-eyed peas, drained and rinsed
4 cups baby kale, lightly packed

PREPARATION

- 1** Cook bacon in a 6-quart Dutch oven over medium heat for 5 to 6 minutes or until crisp, stirring frequently. Remove bacon with a slotted spoon; drain on paper towels. Reserve 2 tablespoons bacon drippings in Dutch oven.
- 2** Add sweet potatoes, celery, onion, Creole seasoning, garlic, smoked paprika and black pepper to bacon drippings in Dutch oven. Cook over medium heat for 10 to 12 minutes or until onion is softened, stirring occasionally.
- 3** Add chicken broth, ham shank and vinegar. Cover and simmer over medium-low heat for 40 minutes, stirring occasionally.
- 4** Remove ham shank from soup. Remove meat from shank; discard skin and bones. Chop meat into bite-size pieces. Return meat to soup mixture.
- 5** Stir in black-eyed peas and kale. Simmer, uncovered, for 12 to 15 minutes or until kale is tender. Top with cooked bacon before serving.

NUTRITION FACTS

Calories: 368
Total Fat: 12g
Saturated Fat: 4g
Trans Fat: 0g
Cholesterol: 50mg

Sodium: 825mg
Carbohydrates: 38g
Fiber: 10g
Sugar: 9g
Protein: 27g