

Ham Potato Soup
by Carole Carter, From My Carolina Home

1 medium yellow or white onion
1 ham bone with meat, extra scraps of ham
2 cups water
1 teaspoon garlic powder
1 teaspoon lemon pepper
1 teaspoon oregano
1 bay leaf
4 large potatoes
1 cup milk
1/2 cup frozen green peas
Chopped green onion for garnish
Shredded colby jack cheese for garnish (or cheddar, or pepper jack)



Spray a 4-quart slow cooker crock with cooking spray. Chop the onion and add to the bottom of the crock. Add the ham bone. Add 2 cups of water. Add all the spices and herbs. Peel and roughly chop potatoes. Add to crock. Cover and cook on low heat for 6-8 hours.

Uncover, and remove ham bone with a pair of tongs, set on a plate to cool until able to handle. Shred the ham meat from the bone. Discard bone.

In a blender, spoon out 2 cups of potatoes with broth. Add one cup of milk. Blend until smooth. It's ok if a few bits of ham get into the blender. Pour blended potatoes back into crock. Add shredded ham to crock. Stir. Cook peas in microwave for 30 seconds on medium high to defrost. Add to crock. Stir.

Serve in bowls with a garnish of shredded cheese and chopped green onion.
Enjoy!!