

Spring Greens, Fresh Pea, and Ham Soup

A bright, lemony soup, perfect for using up leftover Easter ham!

Recipe by [Carole Peterson](#) | Created on **Nov 19, 2021**

Ingredients

- 1 tablespoon olive oil
- 1 ½ cups coarsely chopped yellow onions
- 4 cloves garlic, minced
- salt and ground black pepper to taste
- 6 cups chicken broth
- 1 pound Yukon Gold potatoes, peeled and cut into 1/2-inch pieces
- ½ pound kale, ribs removed and leaves torn into pieces
- 1 pound ham, cut into 1/2-inch chunks
- 2 cups canned diced tomatoes
- 1 cup great northern beans, drained
- 1 tablespoon chopped fresh rosemary
- 3 bay leaves
- 2 cups green peas
- 2 tablespoons lemon juice
- 3 tablespoons finely chopped flat-leaf parsley

Directions

- Heat olive oil in a large pot over medium-high heat. Add onions and garlic; sprinkle with salt and pepper. Cook until onions are translucent and beginning to brown, about 5 minutes.
- Add broth, potatoes, and kale. Increase heat to high and bring soup to a boil. Reduce to a simmer and cook until potatoes are just tender, about 10 minutes.
- Add ham, tomatoes, beans, rosemary, and bay leaves. Simmer on low for 15 minutes. Add peas and cook for 5 minutes more. Season with salt and pepper; stir in lemon juice and parsley.

Nutrition Facts

Serving: **8 servings** | Calories: **293.2 kcal** | Carbohydrates: **26.7 g** | Protein: **16.9 g** | Saturated fat: **4.1 g** | Cholesterol: **36.3 mg** | Sodium: **1735.1 mg** | Fiber: **4.2 g** | Sugar: **3.8 g**

Categories

[Soups, Stews and Chili Recipes](#)

[Soup Recipes](#)

[Pork Soup Recipes](#)

[Ham Soup](#)