Slow-Cooker Ham and Black-Eyed Pea Soup

Ingredients

- tablespoon olive oil
- 1 medium onion, chopped
- 2 medium carrots, chopped
- 2 medium stalks celery, chopped
- 2 cloves garlic, finely chopped
- 1 teaspoon dried thyme leaves
- 1 carton (32 oz) Progresso™ reduced sodium chicken broth
- 3 cans (15.8 oz each) black-eyed peas, drained, rinsed
- 1 smoked ham hock or shank
- 2 tablespoons chopped fresh Italian (flat-leaf) parsley

Directions

1. Spray 5-quart slow cooker with cooking spray.
2. In 12-inch skillet, heat oil over medium heat. Add onion, carrots and celery; cook and stir 5 to 6 minutes or until vegetables soften. Add garlic and thyme; cook and stir 1 minute. Transfer to slow cooker.
3. Add broth, black-eyed peas and ham hock to slow cooker.
4. Cover; cook on Low heat setting 7 to 8 hours or until meat on ham hock is tender and easily separated from bone.
5. Remove ham hock. Remove ham from bone; discard bone. Shred ham; return to slow cooker, and stir.
6. Skim off any excess fat from top of soup. Add parsley, and serve.