

**Cleveland County Kitchen**  
**September, 2017**  
**Food of the Month – Crowder Peas**  
**Chef Cathey Noell**  
**Chef's Recipe**



**Crowder Peas and Ham Soup**

Ingredients

1 tablespoon extra virgin oil

1 cup onion, chopped

2 cloves garlic, finely chopped

2 cups cooked ham, chopped

5 to 6 cups fresh shelled crowder peas

5 cups water

Directions

In a large pot or Dutch oven over medium-high heat add in the oil. Add in the onions and with a wooden spoon stir until they become soft and add in the garlic and stir heat until fragrant. Add in the ham and stirring occasionally, cook until they get a little color. Add in the crowder peas and water. Bring to a boil and reduce the heat to a simmer. Cook until the peas are tender, about 30 to 40 minutes.

Serve in bowls and garnish with fresh chopped tomatoes and green onions.

**Made Available by:**

NC Cooperative Extension  
Cleveland County Center  
130 South Post Road, Suite 1  
Shelby, NC 28152  
704-482-4365  
cleveland.ces.ncsu.edu  
clevelandcountykitchen.org

