

SPLIT PEA SOUP

Ingredients

1 pound dried split peas
8 cups water
1 ham hock
3 tablespoons unsalted butter
1 cup finely chopped yellow onions
1/2 cup finely chopped celery
1/2 cup finely chopped carrots
2 teaspoons minced garlic
2 cups ham, chopped
1 teaspoon salt
3/4 teaspoon freshly ground black pepper
3 bay leaves
2 teaspoons fresh thyme

Directions

Place the ham hock in a pot, cover with water by about 1", bring to a boil, cover, and let simmer for 1 hour. Drain the water (reserve about 2 cups in a separate container). After the ham hock has cooled some, pick all the meat bits off the ham and finely chop them. Set aside.

At the same time, place the peas in a large pot and add 8 cups of water. Bring to a boil, cover, remove from heat and let sit for 1 hour. Do not drain the peas.

In a large pot (I use the same pot I cooked the ham hock in), melt the butter over medium-high heat. Add the onions and cook, stirring, for 2 minutes. Add the celery and carrots and cook, stirring, until just soft, about 3 minutes. Add the garlic and cook, stirring, for 30 seconds.

Add the ham bits, the chopped ham, the drained peas, salt, pepper, bay leaf and thyme. It should be a stew-like consistency, you may need to add a bit more water (use the reserved ham stock). Bring to near boil, then turn down to simmer. Stir occasionally, until the peas are tender- about 1 hour. You may add more water (ham stock) as needed.

Just before serving, remove the bay leaves and discard. Adjust the seasoning, to taste.

Nutrition Facts

Serving Size 361 g

Amount Per Serving

Calories 286 Calories from Fat 59

% Daily Value*

Total Fat 6.5g **10%**

Saturated Fat 2.9g **15%**

Trans Fat 0.0g

Cholesterol 27mg **9%**

Sodium 635mg **26%**

Total Carbohydrates 38.3g **13%**

Dietary Fiber 15.7g **63%**

Sugars 5.6g

Protein 19.9g

Vitamin A 27% • Vitamin C 8%

Calcium 6% • Iron 18%

Nutrition Grade A

* Based on a 2000 calorie diet

Nutritional Analysis

Good points

- Very high in dietary fiber
- High in manganese
- High in thiamin
- Very high in vitamin B6