
Ham and Split Pea Soup

Margaret Howlett

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

2 cups dried split peas, rinsed and sorted

2 stalks celery, chopped

1 medium carrot, chopped finely

1 small onion, chopped

1 (two pound) ham shank

6 cups water

1 teaspoon salt

6 peppercorns

Add all of the ingredients to a five-quart Dutch oven. Bring to a boil. Reduce the heat to low. Cover and simmer for 1-1/2 to 2 hours or until the peas are tender and the soup thickens.

Remove the peppercorns and ham shank. Cut the meat from the ham bone into bite-size pieces.

Return the ham to the soup. Simmer until thoroughly heated.

Soups, Chili, Stew

Per Serving (excluding unknown items): 87 Calories; trace Fat (3.9% calories from fat); 3g Protein; 20g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 2273mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Vegetable; 0 Fat.