

Split Pea Soup

Mrs Martha Matthews

St Timothy's - Hale Schools - Raleigh, NC - 1976

Servings: 8

2 cups split peas

2 onions, diced

2 stalks celery, sliced

2 sprigs dill

2 1/2 teaspoons salt

1 cup milk

2 1/2 quarts water

1 carrot, grated

2 sprigs parsley

*3 potatoes, peeled and
diced*

1/2 teaspoon pepper

1 tablespoon butter

Wash the peas. In a pot, combine the peas with the water, onions, carrot, parsley and dill. Cover. Bring to a boil and cook over low heat for 2-1/2 hours.

Add the potatoes, salt and pepper. Cook for 20 minutes.

Stir in the milk and butter. Bring to a boiling point.

Serve.

Per Serving (excluding unknown items): 259 Calories; 3g Fat (11.1% calories from fat); 15g Protein; 44g Carbohydrate; 15g Dietary Fiber; 8mg Cholesterol; 737mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1/2 Fat.