

Split Pea and Ham Soup



Servings: 8

*2 cups split peas, dried
12 cups water
1 onion, chopped
2 carrots, chopped
2 celery stalks, chopped
3/4 teaspoon black pepper
1/4 teaspoon ground cloves
1 teaspoon salt
1 bay leaf
1 ham steak, chopped*

In a large sauce pan bring the split peas and 12 cups water to a boil. Remove from the heat and let stand for 1 hour.

Add onion, carrot, celery, black pepper, cloves, salt, and bay leaf. Bring to a boil.

Reduce the heat to a simmer and cook for 2 hours or until the peas are tender.

Remove the bay leaf.

Add the chopped ham steak. Stir to combine.

Ladle into bowls.

Serve

Per Serving (excluding unknown items): 162 Calories; 5g Fat (27.3% calories from fat); 16g Protein; 14g Carbohydrate; 5g Dietary Fiber; 36mg Cholesterol; 1037mg Sodium; 4g Total Sugars; 0mcg Vitamin D; 37mg Calcium; 1mg Iron; 428mg Potassium; 197mg Phosphorus. Exchanges: .