

Split-Pea Soup

Very easy to make and so good for you. Make a fresh loaf of bread and you have a light meal. Now you can indulge in a dessert and do not have to feel guilty.

- 1 Tb. vegetable oil
- 1/2 cup diced onion
- 1/2 cup diced carrot
- 1/2 cup diced celery

- 1 cup diced smoked ham or turkey (4 oz.)

- 4 cups water
- 2 cups chicken broth
- 1-1/2 cups green split peas, rinsed
- 1/2 tsp. dried rosemary
- 1/4 tsp. dried thyme
- 1 bay leaf
- 1/2 tsp. pepper



Heat oil in large, 5-quart Dutch oven pot over medium heat.

Add onion, carrot and celery, cook, stirring occasionally, 8 to 10 minutes or until softened.

Add ham or turkey; cook, stirring until heated through, 2 to 3 minutes.

Add water, broth, split peas, rosemary, thyme, bay leaf and pepper to soup.

Simmer 50 minutes or until peas are tender.

Remove bay leaf from soup before serving.

Yield: 6 servings.

NOTE: I usually get a 1 pound bag of split peas and add all of them. I just increase the meat and vegetables by a 1/4 cup but let the spices as measured. Two bouillon cubes dissolved in 2 cups of hot water can replace the 2 cups of chicken broth.