

Split Pea Soup

Use ham instead of salt pork for a similar taste but less fat. To reduce sodium, use low-sodium soy sauce. This soup freezes well.

Makes 10 1-cup servings each with 203 calories, 3 g fat and 7 mg cholesterol.

- Cook's Tip: To make without a blender, chop vegetables finely.

Ingredients

- 1 lb. dried split green peas
- 8 cups water
- 2 carrots, coarsely sliced
- 2 onions, coarsely sliced
- 2 cloves garlic, quartered
- 4 stalks celery, coarsely sliced
- 4 ozs. lean ham, cut into bite-size pieces
- 3 Tbsps. soy sauce
- 1 tsp. chopped fresh oregano OR ½ tsp. dried oregano
- ⅛ tsp. dried ginger
- 3 dashes hot pepper sauce
- Black pepper to taste

Directions

1. In a large saucepan, bring peas, water, carrots, onions, garlic, celery and ham to a rapid boil.
2. Reduce heat; cook, covered, at a gently rolling boil, 1–1½ hours or until peas are soft.
3. Add soy sauce, oregano, ginger, hot pepper sauce and pepper.
4. Simmer 10 minutes.
5. In a blender or food processor, process soup*.
6. Return to saucepan; reheat, if necessary.