



split pea soup

TIME: 2HR 15 MIN SERVINGS: 8

INGREDIENTS

- 2 cups dried split peas, rinsed and drained
- 2 cups cooked ham or chicken, chopped
- 2 cups low sodium chicken broth
- 8 cups water
- 2 tsp parsley
- 1 large onion, diced
- 3 celery stalks, diced
- 2 large carrots, diced
- 1/2 tsp black pepper
- Salt to taste
- 1/2 tsp thyme



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PROCEDURE

1. In a large pot, combine peas, broth, water, and parsley. Bring to a boil, reduce heat to low and simmer covered for 1 hour.
2. Add in onion, celery, carrots, pepper, and thyme. Cover and simmer 45 minutes more.
3. Add ham or chicken to soup and cook on low 20-30 minutes or until tender and thickened.



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