Green: Split Peas

Ingredients:

1 teaspoon olive oil
½ cup carrots, diced
½ cup celery, finely chopped
½ cup onions, finely chopped
1 pound dried split peas
½ - 1 pound ham, finely diced, cooked lean
1 bouillon cube (low-sodium)
Salt and pepper to taste
Water

Directions:

1) In a medium pot, sauté onions in oil. Remove from heat and add split peas, chopped ham, celery, carrots, and bouillon cube. Add enough water to cover ingredients, and season with salt and pepper.

2) Cover, and cook until there are no peas left, just a green liquid, 2 hours. While it is cooking stir occasionally and check to see if water has evaporated. You may need to add more water as the soup continues to cook.

3) Once the soup is a green liquid remove from heat, and let stand so it will thicken. Once thickened you may need to heat through to serve.

Nutritional Analysis:

Per Serving (about 1 cup)	Amount
Calories	293
Fat	5 g
Saturated Fat	1 g
Protein	21 g
Fiber	17 g
Carbohydrate	43 g
Sodium	297 mg

1 cup of soup provides 1 serving of vegetables