

Curried Ham & Split Pea Soup

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Servings: 8

Yield: 2 quarts

2 tablespoons butter
1 medium onion, chopped
4 cloves garlic, minced
3 teaspoons curry powder
1 package (16 ounce) dried green split peas
2 cups fully cooked ham, cubed
1 cup fresh carrots, sliced
4 cups reduced-sodium beef broth
2 cups water
1/2 teaspoon pepper

Preparation Time: 10 minutes

Slow Cooker: 7 hours

In a skillet, heat the butter over medium heat. Add the onion. Cook and stir for 3 to 4 minutes or until tender. Add the garlic and curry powder. Cook 1 minute longer.

Transfer to a four- or five-quart slow cooker. Add the remaining ingredients.

Cook, covered, on low for 7 to 9 hours or until the peas are tender.

Stir before serving.

TO FREEZE: Freeze the cooled soup in freezer containers. To use, thaw in the refrigerator overnight. Heat through in a saucepan, stirring occasionally and adding a little water, if necessary.

Per Serving (excluding unknown items): 43 Calories; 3g Fat (60.8% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 38mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fat.

Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	43	Vitamin B6 (mg):	.1mg
% Calories from Fat:	60.8%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	34.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.0%	Riboflavin B2 (mg):	trace

Total Fat (g): 3g
Saturated Fat (g): 2g
Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 8mg
Carbohydrate (g): 4g
Dietary Fiber (g): 1g
Protein (g): 1g
Sodium (mg): 38mg
Potassium (mg): 94mg
Calcium (mg): 16mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 3mg
Vitamin A (i.u.): 4637IU
Vitamin A (r.e.): 479 1/2RE

Folacin (mcg): 6mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Daily Values*

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 43 Calories from Fat: 26

% Daily Values*

Total Fat	3g	5%
Saturated Fat	2g	9%
Cholesterol	8mg	3%
Sodium	38mg	2%
Total Carbohydrates	4g	1%
Dietary Fiber	1g	4%
Protein	1g	

Vitamin A	93%
Vitamin C	5%
Calcium	2%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.