

## **Italian Split-Pea Soup**

Arlene Borg - Grammy Guru

Hometown News

**1 package (14 or 16 oz) dried green split peas**  
**1 large carrot, cut up**  
**1 large potato, peeled and cut into chunks**  
**1 large onion, cut up**  
**1 large stalk celery with leaves, cut up**  
**several aprigs chopped Italian parsley OR two tablespoons dried parsley**  
**1 1/2 teaspoons dried oregano**  
**1/2 teaspoon dried thyme leaves**  
**1/2 cup tomato sauce**  
**few shakes black pepper**  
**1 ham bone, trimmed of all visible fat**  
**5 or more cups water**

Rinse the peas in cold water, picking out any that float.

Place all of the ingredients in a large pot.

Cook, covered, over low heat. Stir occasionally. Add more water if neccessary. Cook for about 2 hours until the peas literally melt. Taste. Salt if needed.

Remove the bone. Cut up any meat and reserve.

Mash the soup with a potato masher or with a large spoon. You can sieve it if you like. We prefer some texture.

Return the meat to the pot.

Serve as a meal with regular or low-fat biscuits.

---

Per Serving (excluding unknown items): 213 Calories; 1g Fat (3.4% calories from fat); 6g Protein; 49g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 813mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 1/2 Vegetable; 0 Fat.