

Split Pea Soup II

Susan McEwen McIntosh

"Southern Living" Cooking Light - 1983

1/2 pound dried split peas

4 cups water

3/4 cup onion , chopped

1/2 cup carrots, chopped

1/2 cup lean ham, chopped

1/2 teaspoon ground celery seeds

1/4 teaspoon salt

1/4 teaspoon freshly ground pepper

1/4 teaspoon dried whole marjoram, crushed

1/8 teaspoon dried whole thyme

Sort and wash the peas.

Place the peas in a Dutch oven.

Add the water, onion, carrots, ham, celery seeds, salt, pepper, marjoram and thyme. Bring to a boil. Cover and reduce the heat. Simmer for one hour or until the peas are tender.

Pour half of the mixture into the container of an electric blender. Process until smooth.

Repeat with the remaining mixture.

Serve hot.

Yield: 5 1/2 cups

Per Serving (excluding unknown items): 118 Calories; 3g Fat (26.8% calories from fat); 14g Protein; 8g Carbohydrate; 2g Dietary Fiber; 32mg Cholesterol; 1549mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 0 Fat.