

Split Pea Soup III

Mrs. Wray Edward Robinson

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 8

1 package (16 ounce) dry split peas

1 ham bone or one cup ham pieces

3 quarts beef, chicken or vegetable

stock OR water

1 cup celery, finely chopped

1 cup onions, finely chopped

2 carrots (optional), chopped

2 tablespoons lemon-pepper seasoning

3 teaspoons salt

1 teaspoon Worcestershire sauce

1/4 cup dry sherry (optional)

thinly sliced lemon (for garnish)

(optional)

parsley (optional)

In a large pot, place the split peas, ham, stock, celery, onions, carrots, lemon-pepper seasoning, salt and Worcestershire. Bring to a boil.

Reduce the heat. Simmer about two hours.

Remove the ham bone and chop the meat into small pieces. Return the meat to pot. Add the sherry, if desired. Cook for 15 minutes.

Pour into soup bowls. Garnish with lemon pieces sprinkled with parsley.

This freezes well.

To reduce cooking time, the peas may be soaked overnight.

Per Serving (excluding unknown items): 10 Calories; trace Fat (3.9% calories from fat); trace Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 819mg Sodium. Exchanges: 1/2 Vegetable; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	10	Vitamin B6 (mg):	trace
% Calories from Fat:	3.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	83.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	12.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	8mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	0%

Carbohydrate (g):	2g
Dietary Fiber (g):	1g
Protein (g):	trace
Sodium (mg):	819mg
Potassium (mg):	79mg
Calcium (mg):	16mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	3mg
Vitamin A (i.u.):	21IU
Vitamin A (r.e.):	2RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	10	Calories from Fat: 0
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% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	819mg	34%
Total Carbohydrates	2g	1%
Dietary Fiber	1g	2%
Protein	trace	

Vitamin A	0%
Vitamin C	6%
Calcium	2%
Iron	1%

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