

## Split Pea Soup

Number of Servings: 6 (605.2 g per serving)

Preparation Time: 15 Min

Cook Time: 2 Hrs

Cook Temperature: Simmer

Pan Size: Stock Pot

Cook Method: Stove Top

Amount	Measure	Ingredient
2 1/4	cup	split peas, green, dry
2.00	qt	water, tap
1 1/2	lb	ham rump, cured, with bone, lean
2.00	cup	onion, white, fresh, sliced
1/2	tsp	salt, table
1/4	tsp	black pepper, ground
1.00	tsp	marjoram, dried
1.00	cup	celery, fresh, diced
1.00	cup	carrots, fresh, chopped
1.00	cup	potato, white, fresh, diced

### Nutrients per serving

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(605g)</b>
Amount per serving	
<b>Calories</b>	<b>450</b>
% Daily Value*	
<b>Total Fat</b> 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 70mg	23%
<b>Sodium</b> 1090mg	47%
<b>Total Carbohydrate</b> 58g	21%
Dietary Fiber 21g	75%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein</b> 47g	
Vitamin D 0mcg	0%
Calcium 72mg	6%
Iron 5mg	30%
Potassium 1317mg	30%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Instructions

In a large stock pot, cover peas with 2 quarts cold water and soak overnight. If you need a faster method, simmer the peas gently for 2 minutes, and then soak for 1 hour.

Once peas are soaked, add ham bone, onion, salt, pepper and marjoram. Cover, bring to boil and then simmer for 1 1/2 hours, stirring occasionally.

Remove bone; cut off meat, dice and return meat to soup. Add celery, carrots and potatoes. Cook slowly, uncovered for 30 to 40 minutes, or until vegetables are tender.

### Ingredients

Water, ham rump, cured, with bone, lean, Split Peas, White Onion, Potatoes, Carrots, Celery, salt, table, Dried Marjoram, Black Pepper.