

Split Pea Soup -

Cook Time: 8 hours

Servings: 8 (we get way more than 8 as my husband John usually adds more water to the mix).

Ingredients

1 (16 oz.) pkg. dried green split peas, rinsed

3 carrots, peeled and sliced

1/2 cup chopped onion

2 ribs of celery plus leaves, chopped

1 or 2 cloves of garlic, minced

1 bay leaf

1/4 cup fresh parsley, chopped, or 2 teaspoons dried parsley flakes

1 tbsp. seasoned salt (or to taste)

1/2 tsp. fresh pepper

1 1/2 qts. hot water

Preparation:

Layer ingredients in slow cooker in the order given; pour in water. Do not stir ingredients. Cover and cook on HIGH 4 to 5 hours or on low 8 to 10 hours until peas are very soft. Remove bay leaf. Mash peas to thicken more, if desired. Serve garnished with croutons. Freezes well. Serves 8.

I found the recipe here:

<http://southernfood.about.com/od/crockpotsoup/r/bl17c5.htm>

As you can see, I omit the ham in my soup because I'm not a big fan. You can add it – just know that hams not the leanest meet you can find. Replacing ham with a pork chop or maybe some chicken in this recipe might be a good protein booster, though. The soup comes out a little thick – just the way I like it, but if you're like John and prefer a soupier soup, just add more water near the end of the cooking cycle.

I was ready to make another pot of this soup the instant we finished it. It really was that good! Give it a try and let me know what you think. Better yet, send me your favorite easy and lean recipe.