



# Savory Split Pea Soup



Where service *and savings* matter.

**SERVINGS:** 12

**INGREDIENTS:**

- 1 lb dried, split green peas
- 2 cups ham, chopped
- 2 quarts water
- 1 small onion, finely minced
- 2 cloves garlic, minced
- 3 large white potatoes, peeled and diced
- 1 carrot, peeled and cut into thin coins
- ½ tsp thyme
- ½ tsp ground black pepper
- ½ tsp oregano
- 1 bay leaf
- ¼ tsp crushed red pepper flakes
- 1 tsp salt

**NUTRITIONALS**

Nutritional analysis per serving:  
 calories 270, calories from fat 35,  
 total fat 4g, saturated fat 1.5g,  
 cholesterol 15mg, sodium 490mg,  
 total carbohydrate 43g, dietary  
 fiber 2g, sugars 3g, protein 17g,  
 vitamin A 20%, vitamin C 15%,  
 calcium 2%, iron 15%

**DIRECTIONS:**

1. Wash the peas by covering with water and draining several times, until the water runs clear.
2. Place the peas, chopped ham, water, minced onion and garlic in a soup pot. Bring to a simmer over medium heat; reduce heat to medium-low and stir every 15 minutes or so to keep the peas from sticking to the bottom.
3. Simmer the soup for 30 minutes; add potatoes, carrots, thyme, black pepper, oregano, bay leaf, red pepper flakes and salt. Cook until the peas are almost completely dissolved and the potatoes are tender, about 20 to 30 minutes longer.
4. Serve with freshly ground black pepper on top. This soup is even better after a night in the fridge.

Tip: Freeze leftovers for a meal later in the month.

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## Shopping List

**PRODUCE:**

- 1 small onion
- 1 bud garlic
- 3 large white potatoes
- 1 carrot

**MEAT/POULTRY/SEAFOOD:**

- 2 cups ham

**SPICES/SEASONINGS:**

- Thyme
- Ground black pepper
- Oregano
- Bay leaf
- Crushed red pepper flakes
- Salt

**GROCERY/FROZEN/  
MISCELLANEOUS:**

- 1-lb Food Club dried, split green peas

FOLD