

SPLIT PEA SOUP

Combine in a soup pot, bring to a boil, reduce the heat and simmer for 1 hour.

8 cups of cold water
1 small ham hock
1 pound split green peas

Then stir in:

1 large carrot, peeled and diced
1 large celery stalk, diced
1 medium onion, diced
2 cloves garlic, minced
small bunch parsley, chopped
1 teaspoon dried thyme
1 bay leaf

- 1 Simmer until the ham hock and peas are tender, about 1 hour more.
- 2 Remove bay leaf and the ham hock.
- 3 Discard the bone, skin and fat; dice the meat.
- 4 Return meat to the soup; add salt and black pepper to taste.

Lisa Shufro, from the All New Joy of Cooking

Served at the Holiday Lunch Fundraiser, 12/02