

Split Pea Soup

Yield: 8 min

Total Time: 115 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-green-split-pea-soup-recipe>

Ingredients:

- 1 pound green split peas
- 1 onion large, peeled and chopped
- 2 celery stalks chopped
- 1 leek large, chopped
- 1 carrot large, chopped
- 1 clove garlic halved
- 1 bouquet herb
- 2 ham hocks well-rinsed
- salt
- pepper
- croutons optional
- chopped parsley optional

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 42 grams
3. Fat: 1 grams
4. Fiber: 16 grams
5. Protein: 15 grams
6. Sodium: 150 milligrams
7. Sugar: 6 grams

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