

Ham & Split Pea Soup

Yield: 7 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-calabaza-soup-recipe>

Ingredients:

- 2 cups onion chopped
- 2 cups green pepper chopped
- 5 cloves garlic minced
- 3 tablespoons flour
- 1 pound split peas
- 1 ham bone with some meat still attached
- 5 cups water
- 4 cups low sodium chicken broth
- 1 cup white wine
- 1 1/2 cups calabaza or butternut squash, peeled and cubed
- 2 teaspoons cumin
- 1/4 cup butter
- salt
- pepper
- olive oil or butter, for sauteing

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 56 grams
3. Cholesterol: 15 milligrams
4. Fat: 12 grams
5. Fiber: 20 grams
6. Protein: 21 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 220 milligrams
9. Sugar: 9 grams

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