

Pea Soup with Ham

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 3 cups English peas fresh shelled
- 1 cup peas the pods from the, – picked over, use the ones that are near perfect, remove the ends.
- 1 shallot cut in half
- 1 clove garlic
- 2 tablespoons olive oil
- 4 cups chicken stock good, or veggie stock
- kosher salt
- cracked pepper fresh
- 1 cup ham cubed

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 40 milligrams
4. Fat: 14 grams
5. Fiber: 6 grams
6. Protein: 23 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1290 milligrams
9. Sugar: 11 grams

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