

Split Pea and Ham Soup

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 pound split peas
- 3 cups diced ham
- bone from ham or smoked ham hock, optional
- 3 carrots diced
- 3 stalks celery diced
- 1/2 onion diced
- 2 cloves garlic minced
- 1 bay leaf
- 3 tablespoons fresh parsley chopped, or 1 teaspoon dried parsley
- 2 teaspoons kosher salt or 1 teaspoon table salt
- ground black pepper freshly
- 1 1/2 quarts water

Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 82 grams
3. Cholesterol: 95 milligrams
4. Fat: 16 grams
5. Fiber: 33 grams
6. Protein: 58 grams
7. SaturatedFat: 5 grams
8. Sodium: 3490 milligrams
9. Sugar: 12 grams

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