

SPLIT PEA SOUP

Time: 75 minutes

Serves: 6

Ingredients:

8 cups chicken stock
1 pound dried split green peas
1 tablespoon fresh mint – chopped
1 teaspoon fresh thyme – chopped
½ teaspoon white pepper
2 bay leaves
6 ounces Canadian bacon – chopped
1 carrot – chopped
2 stalks celery – chopped
1 small white onion – chopped

Preparation:

Place stock, peas, mint, thyme and pepper into a large pot on high heat and bring to a boil. Reduce heat to medium-low, cover and simmer for forty-five minutes.

While the stock mixture is simmering, preheat a frying pan on medium heat and add the bacon. Cook the bacon until it begins to brown then add the carrot, celery and onion. Sauté, stirring occasionally for approximately five minutes until the vegetables soften.

Stir the vegetable and bacon mixture into the stock mixture, simmer for five minutes and serve.

Nutritional Information Per Serving:

Calories: 315
Fat: 3g
Carbs: 49g
Fibre: 20g
Protein: 25g