

## **HERBED SPLIT PEA SOUP**

**SOURCE:** Weight Watchers New Complete Cookbook

### **INGREDIENTS:**

|  |                        |
|--|------------------------|
| 2 tsp olive oil  | 1 onion, chopped       |
| 1/2 carrot, chopped  | 1 clove garlic, minced |
| 1 C dried green or yellow split peas, picked over/rinsed/drained |                        |
| 1/2 C slivered no-sugar-added turkey ham                         | 4 C water              |
| 1 tsp dried marjoram   | 3/4 tsp salt           |
| 1/8 tsp freshly ground pepper                                    |                        |

### **DIRECTIONS:**

In medium nonstick saucepan, heat oil - sauté onion, carrot & garlic till softened (about 5 minutes). Add split peas + 4 C water - bring to boil - reduce heat & simmer, covered, till peas are tender, stirring once (about 1 hour).

Add turkey-ham, marjoram, salt & pepper - heat to serving temperature.

Makes 4 servings

(per serving: 199 calories; 3g total fat; 1g saturated fat; 10mg cholesterol; 579mg sodium, 30g total carbohydrates; 12g dietary fiber; 14g protein, 38mg calcium - WW points per serving: 3)