



Hearty Slow-Cooked Split Pea Soup

Makes about 10 cups

- 1 (16 oz) bag dried split peas
- 2 cups diced cooked lean ham
- 1 cup diced carrots
- 1 onion, chopped
- 2 tsp. minced garlic
- 2 bay leaves
- ½ tsp. salt
- ½ tsp. ground black pepper
- 5 cups boiling water
- 1 cup low-fat hot milk

In a slow cooker, layer the first nine ingredients in order listed (do not stir). Cover and cook on high for 4 to 5 hours or until vegetables are tender. Stir in milk. Discard bay leaves before serving.

Per 1-cup serving: 220 calories, 3 g fat, 19 g protein, 29 g carbohydrate, 11 g fiber, 160 mg sodium