


RECIPE OF THE MONTH

OLD-FASHIONED QUEBEC PEA SOUP

Most recipes for this soup call for salt pork or a ham bone. In order to reduce fat, I don't use salt pork. I always make it when I have a ham bone, but you can make it without one. In Quebec, this soup is usually made with dried yellow peas. If they are not available, use yellow split peas. Try to use leaf savory, not ground.

500 ml	dried yellow soup peas or split peas	2 cups
2.5 L	water	10 cups
1	ham bone or 125 g (1/4 lb) ham, chopped	1
5	medium onions, chopped	5
3	medium carrots, peeled and chopped	3
2	stalks celery (including leaves), chopped	2
5 ml	summer savory	1 tsp
1	bay leaf	1
	salt and pepper	

Rinse peas. In large soup pot, combine peas, water, ham bone or ham, onions, carrots, celery, summer savory and bay leaf; bring to boil. Skim off any scum. Cover and simmer for three hours or until peas are softened and soup has thickened. If soup is too thin, uncover and simmer 30 minutes longer. Season with salt and pepper to taste. Discard bay leaf and ham bone. 

Makes eight servings, about 300 ml (1 1/4 cups) each.

A pea soup is one of the most nourishing soups you can make. Dried peas are an excellent source of soluble fibre (the kind that research has shown helps lower blood cholesterol) and potassium and a good source of iron and protein.

This recipe was taken from *Lighthearted Everyday Cooking* by Anne Lindsay. Copyright Anne Lindsay, 1991. Reprinted with permission of Macmillan Canada, an imprint of CDG Books Canada, Inc.

Per Serving	
Calories	203
Total fat	2 g
Saturated fat	trace
Fibre	8 g
Protein	14 g
Carbohydrate	34 g
Cholesterol	8 mg
Sodium	249 mg
Potassium	699 mg
Good:	Niacin, Iron
Excellent:	Vitamin A, Thiamin

