



## **Lucie's French Canadian Pea Soup**

### **Ingredients:**

2 cups dry split peas rinsed  
2 1/2 quarts water  
7-8 whole allspice, tied in a cheese cloth bag.  
2 tsp. salt  
1/2 tsp. pepper  
3 large potatoes, peeled and cut into 1/2 in cubes  
6 carrots, chopped  
2 med onion, chopped  
2 cups cubed ham (or more!)  
1/2 med head cabbage shredded

### **Procedure:**

In a large pot, combine peas, water, all spice, salt and pepper. Bring to boil. Reduce heat and cover and simmer one hour.

Stir in potatoes, carrots, onion ham and cabbage. Return to boil. Reduce heat. Cover and simmer for about 30 min or until veggies are tender, stirring occasionally.

Discard allspice.

Yield 16-20 servings. Freezes very well.

