

## **Pea and Ham Soup**

(Serves 4)

### **Ingredients:**

½ lb. of peas  
½ lb. of ham  
3 large potatoes, diced  
2 carrots, chopped  
1 tsp. of crushed red pepper  
1 Tbsp. of heavy sour cream  
1 quart of chicken broth  
3 cups of milk  
1 onion  
1 head of garlic  
Salt and pepper, to taste



### **Procedure:**

Fill the pot with the chicken broth, peas and potatoes and carrots. Place the chicken broth on the stove to heat.

As the broth is heating, remove all of the dried peel from the garlic and onions. Drop them into the soup whole.

Dice the ham into small chunks, and fry it lightly on a skillet before adding it to the soup as well. Once the chicken broth is boiling, add the milk and cover the pot with a lid. Add salt, pepper, and the chili pepper, and let the soup cook for 45 minutes with the lid on.

Just before serving the soup, use a cooking spoon to scoop out the whole onion and head of garlic.