

# Gluten Free - Homemade Split Pea Soup

In large stockpot add the following:

2-3 teaspoon Cumin

½ teaspoon Herb Pepper seasoning

½ teaspoon Allspice

5-6 Cloves

Dash of garlic (to taste)

Dash of parsley

1-2 teaspoon Cinnamon

1 teaspoon Sesame seeds (optional)

Salt & Pepper to taste

1 teaspoon Dry mustard (or 1-2 teaspoon Prepared mustard)

1-2 cans Chicken Broth (Swansons has a Fat Free, low sodium version)

3 stalks Celery, chopped

3-4 Carrots, grated or chopped

5-6 Potatoes, peeled & cubed (optional: leave skin on)

¼ - ½ Onion, chopped

2 lbs. Ham, cubed

1 Bag Green Split Peas

Cover ingredients with water, plus two inches extra, and bring to a boil. Cook on medium for 3-4 hours (or low for 5-6 hours). Serve.

Source: Celiac.com. Recipe by Kimberly Dungan.