

# New Year's Day Soup

(Melissa and Nancy)



## Ingredients

1 cup diced smoked lean ham  
2 celery stalks chopped  
1 medium onion chopped  
2 carrots chopped  
2 garlic cloves minced  
2 15 oz cans black eyed peas undrained  
2 14.5 oz can low sodium, fat free chicken broth  
2 14.5 oz no salt added, stewed tomatoes undrained  
1 14.5 oz can no salt added, diced tomatoes undrained  
1 8 oz can tomato sauce  
1 ½ cup chopped fresh spinach  
½ cup fresh parsley  
½ tsp. pepper  
chopped fresh spinach, enough for garnish

## Steps

### Saute:

First 5 ingredients over medium heat in dutch oven until vegetables are tender.

### Stir:

Black eyed peas and next 4 ingredients. Bring mixture to a boil. Cover, reduce heat and simmer 1 hour and 30 minutes.

### Stir in:

1 ½ cups spinach, parsley and pepper.

### Garnish:

Chopped fresh spinach.