

Pea Soup

Start the day before by boiling a smoked shoulder for dinner. Save all the broth. Before bed, soak a pound of dried whole peas in fresh water over night. The next day, make a ham sandwich for lunch, drain the peas and put them in a pot to boil with the reserved smoke shoulder broth. (Use enough broth to cover the peas about 1 inch.) Add a chopped onion and 3 cloves crushed garlic. Boil about an hour then mash a bit with a potato masher to thicken. While this is boiling, you can pick the bone clean of meat and add as much chopped meat as you like in the end.

Variations: Add chopped carrots and celery about ½ hour before done or any left over veggies or small pasta that is hanging out in the fridge can be added at the end giving just enough time for them to be heated through.

Note: 4 strips cut bacon is fine for the pork.
No garlic - Colonials did not have a lot
of garlic.
Forget potatoe!!
Make thick!!

BROWN RICE

(2) boxes Uncle Ben's - keep very simple