

Split Pea Soup

Simmering this soup for hours keeps your kitchen warm on a cold winter day. Add ham for an even heartier soup. Enjoy this soup with a fresh salad and warm whole grain bread.

Makes: 6 Servings
 Prep Time: 10 minutes
 Cook Time: 2 hours and 15 minutes

Source: ChooseMyPlate.gov/recipes

Ingredients

- 1 onion (large)
- 3 tablespoons margarine or butter
- 1 1/2 cups split peas, dry
- 6 cups water
- 1 teaspoon salt

Directions

1. Chop onion. Cook in margarine in a large pan until tender.
2. Wash and drain split peas.
3. Add water, split peas, and salt to onion. Bring to boiling.
4. Lower heat and cover pan. Simmer about 2 hours, until thickened.

Utensils Needed

- Large pan/soup pot with lid
- Colander
- Large spoon
- Measuring cups
- Measuring spoons
- Sharp knife
- Cutting board



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 3/4 cup (1/6 of recipe)	
Nutrients	Amount
Calories:	219
Total Fat:	6 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	447 mg
Total Carbohydrates:	31 g
Dietary Fiber:	12 g
Total Sugars:	5 g
Added Sugars:	0 g
Protein	12 g
Vitamin D	0 mcg
Calcium	32 mg
Iron	2 mg
Potassium	525 mg

Notes

- *Optional:* Cook a ham bone or pieces of ham in the soup. Remove bone and serve meat in soup.
- Add additional vegetables, like carrots and celery, while sauteeing the onions.

SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$2.15

Average cost/serving: \$0.36

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Onion



Add 1 to Cart
Split Peas, 16 oz

SAVE TIME, SAVE MONEY

My Cooking Notes

Produce Tips: Split Peas

- Either yellow or green split peas can be used in most recipes. Yellow split peas have a mild flavor while green split peas are slightly sweeter.
- Split peas do not need to be soaked before cooking. Sort to remove small rocks or other seeds and plant parts, then rinse to remove dust.
- To maximize shelf life, store dry split peas in an airtight container in a cool, dark, dry place. Stored well, they keep their quality for 2 years or longer.