

Split Pea Soup

Ingredients:

- 1 onion
- 16 ounces split peas, dried
- 8 cups water
- 1 carrot
- 2 stalks celery
- 1/2 teaspoon black pepper

Equipment:

- Large saucepan with lid
- Cutting board
- Knife
- Measuring cups
- Measuring spoons

Number of Servings: 6
 Prep Time: 15 minutes
 Total Time: 2 hours

Directions

1. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop into small pieces. Add to large sauce pan.
2. Rinse split peas and add to saucepan with onion, then add water. Bring to a boil, cover and simmer for one hour.
3. While peas are cooking, Wash a carrot and place it on a cutting board. Cut off both ends. Starting at the small end, slice into thin slices. Set aside.
4. Wash celery stalks and lay them on a cutting board. Cut off both ends and cut into shorter lengths. Lay these pieces side by side. Cut wider pieces in half lengthwise so that all the pieces are about the same size. Cut across the ends until all pieces are chopped up. Set aside.
5. After peas have cooked for one hour, add celery and carrots. Season to taste. Continue simmering covered, for 1/2 to 1 hour or until peas are tender and soup thickens. Leftover soup may be frozen for later use.

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Nutrition Facts

Serving Size: 1 1/2 cups	
Servings: 6	
Amount Per Serving	
Calories 271	Calories from Fat 9
%Daily Value*	
Total Fat 9g	2%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 37mg	2%
Potassium 842mg	24%
Total Carbohydrate 49g	16%
Dietary Fiber 20g	80%
Protein 19g	38%
Vitamin A 70%	Vitamin C 7%
Iron 22%	Calcium 6%

*Percent Daily Values are based on a 2,000 calorie diet.

TIP: Four slices of cooked, diced ham can be added for more flavor!

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