

## Split Pea Soup

6 servings

- 1 cup onion, scrubbed with clean vegetable brush under running water, diced
- 1 cup potatoes, scrubbed with clean vegetable brush under running water, peeled and cubed
- 1 pound split peas, rinsed; rocks and hard pieces removed
- 4 cups low-sodium chicken broth
- 3 cups water
- 1 cup carrots, scrubbed with clean vegetable brush under running water, diced
- 1 cup celery, scrubbed with clean vegetable brush under running water, diced
- 8 ounces cooked ham, diced
- Salt and pepper, to taste



1. Wash hands with soap and water.
2. In a large saucepan over medium heat, combine onion, potatoes, split peas, chicken broth, and water. Bring to a boil
3. Cover, reduce heat, and simmer for 30 minutes, stirring occasionally.
4. Add carrots, celery, and ham. Simmer for another 30-45 minutes or until desired thickness.
5. Season with salt and pepper, if desired.
6. Store leftovers in a sealed container in the refrigerator for up to four days.

**Nutrition Information per Serving (1  $\frac{3}{4}$  cup of 1/6 of recipe):** Calories 310, Total Fat 2g, Saturated Fat 0g, Cholesterol 20mg, Sodium 500mg, Total Carbohydrates 50g, Fiber 17g, Total Sugars 19g, includes 1g Added Sugars, Protein 25g, Vitamin D 0%, Calcium 4%, Iron 15%, Potassium 20%.