



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 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%.

This institution is an equal opportunity provider. This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the U.S. Department of Agriculture (USDA). University of Nebraska-Lincoln Extension's educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the USDA.

