



A Nutrition Resource

VEGETARIAN SPLIT PEA SOUP

Yield: 7 Servings | Serving Size: 1 cup
Cost/Serving: \$0.80

Ingredients:

6 cups low-sodium vegetable broth
2 cups dried green split peas, rinsed
1 medium onion, chopped
1 cup chopped carrots
2 celery ribs with leaves, chopped
2 garlic cloves, minced
1/2 teaspoon dried marjoram
1/2 teaspoon dried basil
1/4 teaspoon ground cumin
1/2 teaspoon salt
1/4 teaspoon pepper
5 Tablespoons shredded carrots

Directions:

- 1) In a large saucepan, combine the first nine ingredients; bring to a boil. Reduce heat; cover and simmer for 1 hour or until peas are tender, stirring occasionally.
- 2) Add salt and pepper; simmer 10 minutes longer. Cool slightly. In small batches, puree soup in a blender; return to the pan. Heat for 5 minutes. Garnish with shredded carrots.

Adapted from www.tasteofhome.com

Nutrition Facts

7 servings per container
Serving size 1 cup (320g)

Amount per serving
Calories 230

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 43g	16%
Dietary Fiber 16g	57%
Total Sugars 8g	
Includes 0g Added Sugars	0%

Protein 14g	
Vitamin D 0mcg	0%
Calcium 61mg	4%
Iron 3mg	15%
Potassium 568mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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