



Recipe of the Month - January 2017

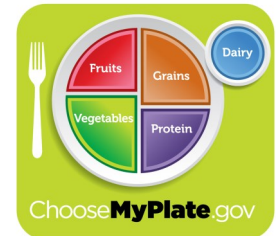
Slow Cooker Black Eyed Pea Soup

Serves 5

Serving Size: 1 1/2 cups

Ingredients:

- 1/2 pound dried black eyed peas
- 2 cups vegetable broth
- 1 cup water
- 6 carrots, chopped
- 2 ribs celery, chopped
- 1 medium onion, chopped
- 1 teaspoon garlic powder
- 1 teaspoon seasoning (basil, dried oregano, rosemary, or sage)



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Directions:

1. Rinse and sort black eyed peas to remove any dirt or debris.
2. Place all ingredients in the slow cooker and mix.
3. Cook on low for 8 hours.

Tips:

- This recipe can be prepared on the stovetop. Use 2 additional cups of water and cook for 2 hours on medium. Stir occasionally. For safety, cook on a back burner.
- All fresh vegetables need to be washed under running water before using. Always use a clean knife and cutting board for fresh vegetables.

NUTRITION FACTS PER SERVING: 200 calories, 1g total fat (0 g sat. fat), 0mg cholesterol, 450mg sodium, 39g carbohydrates, 8g fiber, 9g sugar, 12g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2017 Nutrition & Fitness Calendar*