Recipe of the Month – February 2021

Split Pea Soup
Serves 8
Serving Size: 1 ½ cups
Cost per Serving: $0.77

Ingredients:
- 4 cups low sodium chicken broth
- 6 cups water
- 1 pound split peas, rinsed
- ½ cup brown rice
- ½ teaspoon ground black pepper
- 1 cup celery, sliced
- 1 cup carrots, sliced
- 1 cup onion, diced
- 1 cup ham, cubed

Directions:
1. Stir chicken broth, water, split peas, rice, and ground black pepper together in a large pot. Bring to a boil. Reduce heat to low. Simmer, covered, for 30 minutes.
2. Add celery, carrots, and onion to soup. Simmer, covered, for 30 minutes or until peas and vegetables are tender.

Tips:
- This soup freezes well.

Nutrition Facts per Serving: 300 calories, 3g total Fat (.5g sat. fat), 15mg Cholesterol, 300mg Sodium, 49g Carbohydrates, 16g Fiber, 7g Sugar, 19g Protein

Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2021 Nutrition & Fitness Calendar

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