

# 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.
3. Stir in ham. Heat 5 minutes.

### 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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