

Let's Cook our Commodities!

Split Peas Soup



Ingredients

- 1 tsp. vegetable or canola oil
- 2 cloves garlic
- 1 cup yellow onion, chopped
- 1 cup celery, chopped
- 1 cup chicken breast, diced
- 2 cups low-sodium chicken or vegetable broth
- 3 cups water
- 1 cup dried split peas
- ½ tsp. thyme (optional)
- 1 cup carrots, chopped
- ¼ tsp. salt
- ¼ tsp. black pepper

Makes
10 servings

Prep Time
10 minutes

Cook Time
1 hour, 40 minutes

Good Source of
Protein
Fiber

Low in
Added Sugars
Fat



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Nutrition Facts

10 servings per container	
Serving size	1 cup (195g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 230mg	10%
Total Carbohydrate 17g	6%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 1mg	6%
Potassium 321mg	6%

*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.

Directions

1. In a large pot, heat oil over medium-high heat.
2. Add garlic, onion, and celery, and cook until tender, about 3 to 5 minutes.
3. Add chicken breast and sauté until cooked thoroughly, about 5 to 7 minutes.
4. Add broth, water, split peas, and thyme and bring to a boil.
5. Once boiling, reduce heat to low and let simmer for 1 hour, stirring occasionally.
6. After 1 hour, add carrots, salt, and black pepper. Let simmer an additional 30 minutes, stirring occasionally, until peas are soft and broken down.
7. Serve hot with optional garnishes or sides. Refrigerate leftovers.

