



Split Pea Soup

Adapted from *2-Harvest Kitchen*



Ingredients

- 1/2 cup diced onions
- 1 clove minced garlic
- 1 tsp. salt and pepper
- 2 carrots diced
- 1 potato diced
- 1 cup dried split peas
- 4 cups of chicken or vegetable stock



Directions



Yield: 6 servings

Serving size: 1 cup

Total cost:

Serving cost:

1. Place all ingredients in a pot and bring to a boil.
2. Turn heat to a simmer and cook for about 2 hours or until peas and potatoes are cooked.
3. Enjoy!

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Split Pea Soup

Adapted from *2-Harvest Kitchen*



Ingredients

- 1/2 cup diced onions
- 1 clove minced garlic
- 1 tsp. salt and pepper
- 2 carrots diced
- 1 potato diced
- 1 cup dried split peas
- 4 cups of chicken or vegetable stock



Directions



Yield: 6 servings

Serving size: 1 cup

Total cost:

Serving cost:

1. Place all ingredients in a pot and bring to a boil.
2. Turn heat to a simmer and cook for about 2 hours or until peas and potatoes are cooked.
3. Enjoy!

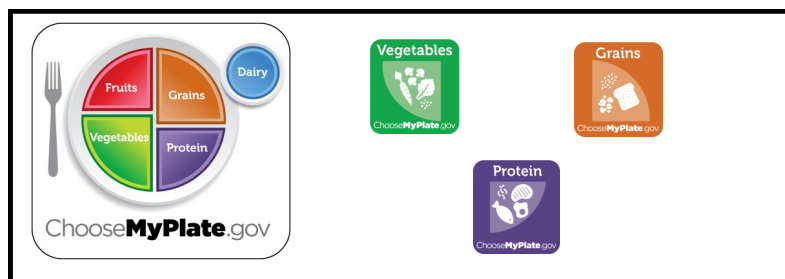
Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Fast Facts



Featured Food Groups



Cooking Tips



- Add more of your favorite vegetables
- Add ham and/or bacon
- Make your own stock

Nutrition Facts

6 servings per container

Serving size 1 Cup

Amount Per Serving

Calories 410

	% Daily Value*
Total Fat 17g	22%
Saturated Fat 8.4g	42%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 12640mg	550%
Total Carbohydrate 32g	12%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 255mg	20%
Iron 0.18mg	0%
Potassium 17710mg	380%

*The % Daily Value (DV) 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.

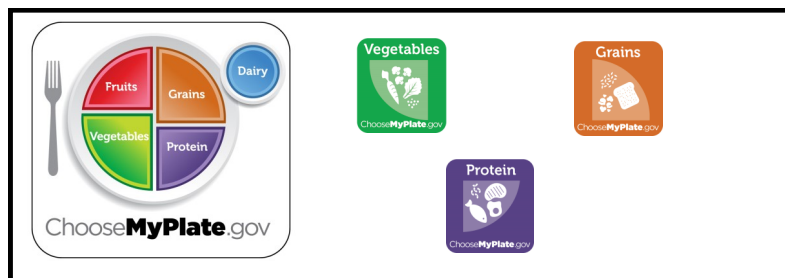
Second Harvest is an equal opportunity provider.



Fast Facts



Featured Food Groups



Cooking Tips



- Add more of your favorite vegetables
- Add ham and/or bacon
- Make your own stock

Nutrition Facts

6 servings per container

Serving size 1 Cup

Amount Per Serving

Calories 410

	% Daily Value*
Total Fat 17g	22%
Saturated Fat 8.4g	42%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 12640mg	550%
Total Carbohydrate 32g	12%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 255mg	20%
Iron 0.18mg	0%
Potassium 17710mg	380%

*The % Daily Value (DV) 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.

Second Harvest is an equal opportunity provider.