

# Split Pea Soup

Rating: ★★☆☆

Makes: 6 servings

## Ingredients

- 1 onion (large)
- 3 **tablespoons** margarine or butter
- 1 **1/2 cups** split peas, dry
- 6 **cups** water
- 1 **teaspoon** salt

## Directions

1. Chop onion. Cook in margarine in a large pan until tender.
2. Wash and drain split peas.
3. Add water, split peas and salt to onion. Bring to boiling.
4. Lower heat and cover pan. Simmer about 2 hours, until thickened.

## Notes

Optional: Cook a ham bone or pieces of ham in the soup. Remove bone and serve meat in soup.

University of Illinois, Extension Service, Wellness Ways Resource Book

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	230	
Total Fat	6 g	9%
Protein	12 g	
Carbohydrates	32 g	11%
Dietary Fiber	13 g	52%
Saturated Fat	1 g	5%
Sodium	450 mg	19%