

FREE SAMPLE RECIPE · HAWKINC KITCHEN

Split Pea Soup with Ham

Thick, comforting split pea soup with 16 g fiber and 19 g protein in every bowl. About 77 cents a serving.

Makes 8 servings | Serving: 1 1/2 cups | About $0.77 per serving | 15 min + 65 min | 300 calories

Ingredients

- 4 cups low sodium chicken broth
- 6 cups water
- 1 pound split peas, rinsed
- 1/2 cup brown rice
- 1/2 teaspoon ground black pepper
- 1 cup celery, chopped
- 1 cup carrots, sliced
- 1 cup onion, chopped
- 1 cup ham, cubed

Nutrition Facts

Per serving (1 1/2 cups)

Calories	**300**
Total Fat	3 g
Saturated Fat	0.5 g
Sodium	300 mg
Total Carbohydrate	49 g
Dietary Fiber	16 g
Total Sugars	7 g
Added Sugars	0 g
Protein	19 g
Calcium	44 mg
Iron	3 mg
Potassium	748 mg

Method

1. Stir the broth, water, split peas, rice and pepper in a large pot. Boil, then cover and simmer 30 minutes.
2. Add the celery, carrots and onion, cover and simmer 30 minutes more, until tender.
3. Stir in the ham and heat 5 minutes.

Swaps: Leave out the ham for a vegetarian version and use vegetable broth.

Storage: Refrigerate up to 4 days or freeze up to 3 months.

Why it's good for you

- Split peas are packed with fiber and plant protein.[1]
- Carrots add vitamin A.[2]

[1] Harvard T.H. Chan School of Public Health, The Nutrition Source: Legumes and Pulses, https://nutritionsource.hsph.harvard.edu/legumes-pulses/ [2] NIH Office of Dietary Supplements: Vitamin A fact sheet, https://ods.od.nih.gov/factsheets/VitaminA-Consumer/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/split-pea-soup/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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