

# Golden Split Pea Soup

Serves 8

## Ingredients:

- 2 teaspoons vegetable oil
- 2 cups onion (chopped)
- 4 small potatoes (2 cups diced, with skin on)
- 1 1/2 cups yellow split peas
- 5 1/2 cups chicken broth, low-sodium
- 1 cup water
- 1/2 teaspoon onion powder
- 1 teaspoon poultry seasoning



## Directions:

1. Place the vegetable oil in a large soup pot or Dutch-oven style pan. Heat over medium-high.
2. Add the onion and sauté until golden, about 2-3 minutes.
3. Add the rest of the ingredients and mix well. Bring to a boil and then lower the heat to a simmer. Cook uncovered until the peas are tender, about 45 minutes. Serve hot.

Source: Food and Health Communications, Inc.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1 cup (303g)</b>
Amount per serving	
<b>Calories</b>	<b>210</b>
	% Daily Value*
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber 11g	<b>39%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11g	
Vitamin D 0mcg	<b>0%</b>
Calcium 28mg	<b>2%</b>
Iron 2mg	<b>10%</b>
Potassium 719mg	<b>15%</b>

\*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.

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