



TIPS & TRICKS

Split Pea Soups

Nutrition

- This recipe uses split peas. MyPlate suggests selecting a wide variety of protein. Split peas are high in protein as well as fiber, which is a nutrient most Americans don't get enough of. When buying split peas, look for those that are a deep yellow or green. Avoid peas that are faded in color, which may mean the peas are old.
- This recipe uses reduced-sodium chicken broth. The USDA MyPlate recommends limiting sodium intake. Research shows that limiting sodium may reduce a person's risk for heart disease and high blood pressure (also known as hypertension). Canned products are a common source of sodium. Cooking with no-salt-added or low-sodium canned products is an easy way to reduce sodium intake.
- Easily meet your daily fiber needs with this soup! It has 11g of dietary fiber, which is 39% of the daily value for fiber for a 2,000-calorie-a-day diet. Diets higher in dietary fiber can increase the frequency of bowel movements and can reduce the risk of developing cardiovascular disease.

Cooking Tips

- Keep an eye on the consistency of the soup. If you prefer a thinner soup, add more liquid.
- Compared to dried beans, dried split peas do not need to soak because they soften while cooking.
- Many soups taste better the following day. Leftovers stored in the refrigerator are good for three to four days. Leftovers stored in the freezer are good for two to three months. Be sure to label and date foods stored in the freezer.
- Potatoes can sometimes carry dirt. Be sure to wash them thoroughly and scrub with a clean vegetable brush to remove any debris.
- Use leftover cooked ham, chicken, or sausage in this dish by adding one cup to the pot before bringing everything to a boil.
- There are multiple ways to serve this dish. Top with croutons, serve over rice, or with crusty bread.
- If you prefer a smoother soup, you can always take the extra time to puree it in a blender. Be sure to let it cool a bit before turning the blender on since hot items will make the lid blast off!



Teaching

- Here is an introductory activity when demonstrating this recipe
 - **Say/Ask:** Today we are making split pea soup. How many of you have eaten split peas before? For those who have eaten them, how were they prepared? What did you like or dislike? If you have never had split peas before, what has kept you from trying them?
 - **Pass around for viewing:** Bags or clear containers of dried split peas — show the different colors if available.
 - **Say:** Split peas are legumes that come in yellow or green varieties. Split peas are round when harvested but are split after they are peeled to reduce the cooking time. They are one of the oldest crops grown and have been around since the Stone Age.
- Use this recipe when teaching HCEB lessons Reading Food Labels, in which the cooking skill is soups, and during the Proteins lesson, since the cooking skill focuses on dried beans, peas, and lentils.
- When teaching the HCYRB lesson Using Food Labels to Guide Your Choices, you can use this recipe since the focus is on soups.
- The FCS publication, FN-SSB.003 Putting Your Crockpot to Work, might be useful to share with participants.
- The FCS resource, Be creative with pantry staples: split peas, might also be useful to share via social media, newsletter article, etc.: <https://fcs-hes.ca.uky.edu/content/be-creative-pantry-staples-split-peas>
- Another reputable resource to consider sharing is USDA MyPlate: Beans, Peas, and Lentils: <https://www.myplate.gov/eat-healthy/protein-foods/beans-peas-lentils>
- The NEP Food Fact Sheet and accompanying video on how to cook lentils and split peas from scratch, are additional resources you may want to share with participants:
<https://www.planeatmove.com/wp-content/uploads/2023/01/fact-sheet-dry-lentils.pdf>
https://www.planeatmove.com/knep_video/lentils-and-split-peas

Sources:

- <https://www.myplate.gov/eat-healthy/vegetables>
- <https://ods.od.nih.gov/factsheets/VitaminC-Consumer>



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.