

Ham & Black-Eyed Pea Soup

Makes 6 servings | Protein • Vegetables

Ingredients

- 2 15-ounce cans black-eyed peas
- 6 cups water or low-sodium chicken broth
- 1 garlic clove, chopped (½ teaspoon minced or ¼ teaspoon powder)
- 1 large onion, minced
- 3 stalks celery, chopped
- 2 large carrots, diced
- 1 meaty ham bone or ½ pound ham, chopped
- Salt and pepper to taste

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Combine all ingredients in a large saucepan.
3. Heat to boiling. Cover. Turn down heat and simmer 30 minutes.

Fun Fact

Black-eyed peas are actually beans and are a variety of cowpea. They are a legume and count as both a protein food and a vegetable.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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