

Hearty Split Pea Soup

What's Cooking II

North American Institute of Modern Cuisine

Servings: 6

2 tablespoons corn oil
2 medium onions, minced
1 teaspoon celery seeds
1 bay leaf
1 cup dried split peas
1/2 cup hulled or pearl barley
10 cups chicken broth
3 carrots, minced
1 potato, peeled and diced
1/2 teaspoon basil
salt and pepper
2 tablespoons parsley (optional),
chopped

In a saucepan, heat the oil. Lightly brown the onions. Add the celery seeds, bay leaf, split peas and barley.

Pour the broth into the mixture. Bring to a boil and cover. Over low heat, simmer for 75 minutes.

Add the carrots, potato and basil. Continue cooking for 15 to 20 minutes. Season with salt and pepper.

Sprinkle with chopped parsley, if desired. Serve.

Per Serving (excluding unknown items): 151 Calories; 7g Fat (42.3% calories from fat); 9g Protein; 12g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1288mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 1 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	151
% Calories from Fat:	42.3%
% Calories from Carbohydrates:	32.6%
% Calories from Protein:	25.0%
Total Fat (g):	7g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	0mg
Carbohydrate (g):	12g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	23mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Dietary Fiber (g): 2g
 Protein (g): 9g
 Sodium (mg): 1288mg
 Potassium (mg): 638mg
 Calcium (mg): 44mg
 Iron (mg): 1mg
 Zinc (mg): 1mg
 Vitamin C (mg): 10mg
 Vitamin A (i.u.): 10139IU
 Vitamin A (r.e.): 1013 1/2RE

Grain (Starch): 1/2
 Lean Meat: 1
 Vegetable: 1 1/2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 1
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 151 Calories from Fat: 64

% Daily Values*

Total Fat	7g	11%
Saturated Fat	1g	6%
Cholesterol	0mg	0%
Sodium	1288mg	54%
Total Carbohydrates	12g	4%
Dietary Fiber	2g	9%
Protein	9g	

Vitamin A	203%
Vitamin C	16%
Calcium	4%
Iron	8%

* Percent Daily Values are based on a 2000 calorie diet.