

# Delicaé Gourmet Product Information

Tarpon Springs, Florida 34688

800-942-2502 - Fax 727-942-1837

## # 48361 Farmer's Hearty Split Pea Soup

This hearty and healthy favorite has been enjoyed around the world throughout the centuries.

### Just add Broth.

**Ingredients:** Split Peas, Dehydrated Vegetables (Carrots, Onion, Celery), Garlic, Thyme, Rosemary, Parsley and Black Pepper.

### Ingredients needed

You will need (4 to 5 quart slow cooker)

4 cups of low sodium vegetable broth

4 cups of water

### Cooking Instructions

1. Rinse and sort the split peas then layer in the bottom of the slow cooker.
2. Layer the contents of the mixed vegetable and spice packets over the split peas.
3. Slowly pour the vegetable broth and water over the ingredients. **Do not stir.**
4. Cover and cook on high for 4½ to 5½ hours or low for 8 to 8½ hours. **Do not lift lid while cooking.**
5. Optional; Use an immersion blender or in small batches purée in your blender the contents of the slow cooker and return to the pot.
6. When ready to serve salt to taste.

### Serving Suggestions

Top with sour cream and green onions before serving.

Serve with country bread and a tossed green salad.

### Stove Top Cooking Instructions: (For those without a slow cooker.)

1. Sort through the split peas and rinse them thoroughly. In a large bowl, let them soak for a minimum of 6 hours to overnight.
2. Using a 4 to 5 quart sauce pan, place split peas along with broth and water, place on stove set on low, cook 30 minutes. At this point, add meat if using any.
4. Stirring often, add contents of vegetable and spice packets. Place stove on simmer, cover and let cook 2 to 3 hours.
5. Watch pot closely to make sure it has enough water.
6. Continue cooking until split peas are soft but not mushy.
7. When the peas are done, salt and pepper to taste and serve.

## Nutrition Facts

Serving Size As Packaged 2 oz. (58g)

As Prepared 10.4 oz (296g)

Servings Per Container 8

Amount Per Serving	As Packaged	As Prepared			
<b>Calories</b>	90	110			
Calories from Fat	5	5			
<b>% Daily Value**</b>					
<b>Total Fat</b> 0g*	<b>0%</b>	<b>1%</b>			
Saturated Fat 0g	<b>0%</b>	<b>0%</b>			
Trans Fat 0g					
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>0%</b>			
<b>Sodium</b> 35mg	<b>1%</b>	<b>11%</b>			
<b>Total Carbohydrate</b> 19g	<b>6%</b>	<b>7%</b>			
Dietary Fiber 6g	<b>24%</b>	<b>28%</b>			
Sugars 5g					
<b>Protein</b> 5g					
Vitamin A	130%	140%			
Vitamin C	8%	8%			
Calcium	4%	6%			
Iron	6%	8%			
* Amount in Mix. As prepared, one serving provides 0.5g total fat (0 saturated fat), 0mg cholesterol, 270mg sodium, 22g carbohydrate (7g fiber, 6g sugar) and 5g protein.					
**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.					
	Calories	2,000	2,500		
Total Fat	Less than	65g	80g		
Sat Fat	Less than	20g	25g		
Cholesterol	Less than	300mg	300mg		
Sodium	Less than	2,400mg	2,400mg		
Total Carbohydrate		300g	375g		
Dietary Fiber		25g	30g		
Calories per gram:					
Fat	9	* Carbohydrate	4	* Protein	4