

Split Pea Soup

Servings: 6

Ingredients

- 1 pound dry green split peas
- 1 or 2 cubes of Knorr Vegetable Bouillon
- 8 cups of water

Optional condiments:

- Bacon bits: ½ Tbl. = 12 calories
- Light sour cream: 1 Tbl. = ~20 calories
- Parmesan (grated): 1 Tbl. = 22 calories

Directions:

- Bring to boil and reduce to simmer. Cook until desired consistency. I personally like it creamy and smooth which takes 1 ½ to 2 hours. If you like the peas more intact a half hour or so may be about right.

Nutrition: (Serving size: 1 cup)

Calories: 265	protein: 19g	total carbohydrate: 47g	total fat: 1g
saturated fat: 0g	sodium: 945mg	dietary fiber: 19g	sugars: 6.5g