



Spicy Black Eyed Pea Soup

Number of servings: 10

Serving Size: 1 ½ cups

Equipment:

Slow Cooker

Ingredients:

1 pound bag dried black eyed peas, prepared using the quick soak method*

1 small onion, diced

1-8 ounce can low sodium tomato sauce

2-8 ounce can tomato sauce

1-6 ounce can no sodium tomato paste

2 Tablespoons olive oil

3-4 cloves fresh garlic

1 teaspoons dried oregano

1 pinch cayenne pepper

1-15 ounce can of low sodium chicken broth

6 cups water

1.5 Tablespoons red wine vinegar

*Quick soak method - Add dried black eyed peas to a large saucepan. Add 6 to 8 inches of water. Bring to a boil and boil for 2 minutes. Cover and set aside to soak for one hour. Drain water.

Directions:

Mix all ingredients in slow cooker. Cook on low for 8 hours. Add cayenne pepper to taste. Add a splash of red wine vinegar before serving.

Cost per recipe \$8.75

Cost per serving \$0.88

MyPlate servings: 1 serving of vegetables

Nutrition Facts

Serving Size 1 1/2 cups
Serving Per Container 10

Amount Per Serving

Calories 175

% Daily Values*

Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 1mg	0%
Potassium 584mg	17%
Sodium 219mg	9%
Total Carbohydrate 26g	9%
Dietary Fiber 7g	28%
Sugars 8g	
Protein 9g	18%

*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

****Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>