



## Blackeyed Peas and Tomatoes Soup

### Ingredients

- 1 cup water
- 2 cups chicken broth, low sodium
- ½ cup chopped onion
- ½ teaspoon basil
- 2 cups canned tomatoes (with juice)
- 2 (14½-ounce) cans black eye peas, drained and rinsed

Makes 6 servings

### Instructions

1. In a medium saucepan add water, bouillon cubes, onion and basil. Bring to a boil, reduce heat to a simmer and cook until bullion is dissolved and onion is tender.
2. Add tomatoes and peas blending well bring to a boil then reduce to a simmer and cook for 15 minutes.

### Note:

- Serve with rice.

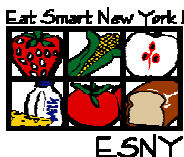
### Nutrition Facts

Serving Size 1 cup		Servings Per Container 6	
<b>Amount Per Serving</b>			
<b>Calories</b> 130	<b>Calories from Fat 0</b>		
<b>% Daily Value*</b>			
<b>Total Fat</b> 0g	<b>0%</b>		
Saturated Fat 0g	<b>0%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 800mg	<b>33%</b>		
<b>Total Carbohydrate</b> 25g	<b>8%</b>		
Dietary Fiber 5g	<b>20%</b>		
Sugars 3g			
<b>Protein</b> 7g			
Vitamin A 10%	• Vitamin C 25%		
Calcium 4%	• Iron 10%		
*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
Saturated 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

0 % calories from fat

**Source:** Cornell Cooperative Extension of Schoharie County.

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