



## Split Pea and Rice Supper

### Ingredients

- 1 cup dry split peas
- ½ cup uncooked white rice
- 2½ cups cold water
- 1 teaspoon salt
- ½ onion, chopped
- 1 small carrot, chopped fine

Makes 6 servings

### Instructions

1. Put peas, rice, water, and salt in a large pot. Cover and heat to a boiling: boil 4 minutes.
2. Add the chopped onion and carrots to the pea and rice mixture. Mix well and cover. Turn off heat and let the mixture soak until the water is taken up-about ½ hour. Heat mixture until hot, stirring occasionally.

### Note:

- Add additional salt and pepper to taste if needed.

### Nutrition Facts

Serving Size 1 cup		Servings Per Container 6	
<b>Amount Per Serving</b>			
<b>Calories</b> 170	<b>Calories from Fat 5</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> 400mg	<b>17%</b>		
<b>Total Carbohydrate</b> 33g	<b>11%</b>		
Dietary Fiber 9g	<b>36%</b>		
Sugars 3g			
<b>Protein</b> 9g			
Vitamin A 25%	• Vitamin C 2%		
Calcium 2%	• 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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