



EATING SMART
BEING ACTIVE

Slow Cooker Black Eyed Pea Soup

Serves: 5 Cost/Serving: \$0.66 Serving Size: 1 1/2 cups

INGREDIENTS

- 1/2 pound** dried black eyed peas
- 2 cups** vegetable broth
- 1 cup** water
- 6** carrots, chopped
- 2 ribs** celery, chopped
- 1 medium** onion, chopped
- 1 teaspoon** garlic powder
- 1 teaspoon** seasoning (basil, dried oregano, rosemary, or sage)

INSTRUCTIONS

- 1 Rinse and sort black eyed peas to remove any dirt or debris.
- 2 Place all ingredients in the slow cooker and mix.
- 3 Cook on low for 8 hours.

TIPS

This recipe can be prepared on the stovetop. Use 2 additional cups of water and cook for 2 hours on medium. Stir occasionally. For safety, cook on a back burner.

All fresh vegetables need to be washed under running water before using. Always use a clean knife and cutting board for fresh vegetables.

Nutrition Facts

5 servings per recipe	
Serving Size: 1 1/2 cups	
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 1 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 450 mg	19%
Total Carbohydrates 39 g	13%
Dietary Fiber 8 g	32%
Total Sugars 9 g	
Added Sugars	NA*
Protein 12g	
Vitamin D 0mcg	0%
Calcium 93mg	7%
Iron 4.2mg	23%
Potassium 841mg	18%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar Information is not currently available for the recipe. We will be updating the information shortly.	