



Kelly's Cooking Corner -January 2023

Split Pea Soup 4 Servings - 4 Servings-1 ¼ c. each

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| 1 ¾ c. dried peas | ⅛ tsp. pepper |
| 2/3 c. chopped onion | ⅛ tsp. oregano leaves |
| 2/3 c. shredded carrots | 1 Bay leaf |
| ½ tsp. salt | 4 ¼ c. boiling water |



Add all ingredients to boiling water. Return to boil. Reduce heat, cover, and boil gently until peas are tender, about 40 minutes. Uncover and cook, stirring occasionally until desired thickness is obtained, about 5 minutes. Remove from the Bay leaf. After serving, refrigerate the remaining soup for another meal. The soup will keep for 3-4 days in the refrigerator. **Note:** To reheat the soup, stir in ¼ c. water. Heat until soup starts to boil, stirring as needed to prevent sticking.

Nutrition Information: 330 calories per 1 ¼ serving. The University of Main Cooperative Extension

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Vegetable Cheese Chowder - 2 Servings- 1 ¼ c. each

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| 1 10 oz. pkg. frozen mixed vegetables | ¼ tsp. salt |
| ½ c. boiling water | dash of pepper |
| 2 T. margarine | 1 c. milk |
| 2 T. flour | ½ c. shredded cheddar cheese |



Add vegetables to boiling water. Cover; simmer for 10 minutes. Make a white sauce using margarine, flour, seasonings, and milk in a saucepan. Add cheese and stir until melted. Add undrained vegetables. Heat; do not boil.

Nutrition Information per serving: 377 calories, 22 g fat. 31 g carbohydrates, 730 mg sodium

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