

# Black-Eyed Pea Soup



Serving: 6 Prep: 15 minutes



Preparing Time: min



Total Duration: min

## Ingredients

- ♦ 2 cups black-eyed peas
- ♦ 1 cup diced ham
- ♦ 2 carrots
- ♦ 2 celery stalks
- ♦ Broth

## Directions

- ♦ Sauté veggies and ham.
- ♦ Add peas and broth.
- ♦ Simmer until soft.
- ♦ Equipment: Pot
- ♦ Nutrition: Protein 18g, Carbs 30g, Fat 7g

## Notes

A warm bowl of peas, ham, and veggies. Many enjoy this on a cold first day of the year.

