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Blackeyed Pea 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 - 0% calories from fat

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 bouillon 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	
Amount Per Serving	
Calories 130	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 800mg	33%
Total Carbohydrate 25g	8%
Dietary Fiber 5g	20%
Sugars 3g	
Protein 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	



Revised July 2021

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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.