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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 - 0% calories from fat

Instructions:

- Put peas, rice, water, and salt in a large pot. Cover and heat to a boiling: boil 4 minutes.
- 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	
Amount Per Serving	
Calories 170	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 33g	11%
Dietary Fiber 9g	36%
Sugars 3g	
Protein 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

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