

# Health Tip of the Month

## Hot Soups for Cold Nights

Looking for a healthy meal to warm up those last few nights of winter?

Try a simple, homemade soup.

Making soup is an easy way to eat more vegetables.

- Use your favorite fresh, frozen, or canned vegetables.



Making soup saves time.

- Make soup once and freeze the rest.
- Reheat leftovers for a quick meal.

## Easy Split Pea Soup

You will need:

- 1 onion
- 4 carrots
- 2 stalks of celery
- 2 cloves of garlic
- 1 tablespoon of oil
- 8 cups of water
- 1 pound of dry split peas
- Black pepper, dried herbs, or no-salt spices

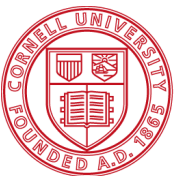


Cut vegetables and garlic into small pieces. Put them in a large soup pot and cook in oil until they are tender. Then add water and the washed split peas and bring to a boil.

Add your favorite herbs and spices and cook on low heat for 1 to 1-1/2 hours or until the peas are soft and creamy. Be sure to stir the soup as it cooks.

**Want more vegetables?**

Add potatoes, bell peppers, or spinach.  
Spice up your soup with curry powder.  
Add a little hot pepper.



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**Worksite Wellness Initiative:** by Julia Rosenbaum, Dietetic Intern  
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