Black-Eyed Pea, Turkey, and Chard Soup

12 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 1 Tablespoon olive oil
- 2 cups onion, chopped
- 1 cup celery, chopped
- 1 cup carrots, chopped
- 1 Tablespoon garlic, minced
- 1 Tablespoon thyme, chopped
- 1 – 14.5 ounce can of diced tomatoes
- 1 lb black-eyed peas, rinsed
- 1 bay leaf
- 7 cups water
- 7 cups low-sodium chicken stock
- 8 ounces smoked turkey leg
- 4 cups chard, chopped
- Pinch of salt and pepper

Nutrition Facts

12 servings per container

Serving size 1 cup

Amount per serving

Calories 120

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 160mg	7%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 2mg	10%
Potassium 435mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

DIRECTIONS

1. Combine olive oil, onions, celery, and carrots in a large soup pot on medium heat. Sauté until translucent. Add garlic and thyme and cook until aromatic.
2. Add tomatoes, black-eyed peas, bay leaf, water, stock, and turkey. Bring to a simmer and cook until peas are tender but still hold their shape, about 1 hour.
3. Remove the turkey leg from the soup. Remove the bone and chop the meat. Add chard and chopped turkey to the soup. Season with salt and pepper and mix to combine.