

Mexican Split Pea Soup

Yield: 6 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-split-pea-soup-recipe>

Ingredients:

- 2 tablespoons vegetable oil
- 1 large onion chopped
- 4 cloves garlic minced
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano
- 1 cup yellow split peas or dry green, rinsed
- 1 quart water
- 4 ounces chopped green chilies
- 14 1/2 ounces dried tomatoes or whole
- 10 ounces frozen corn kernels or 1 15-ounce can corn, drained
- 1 large green bell pepper seeded and chopped
- salt to taste
- 1 cup shredded cheddar cheese optional
- crushed red pepper optional

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 74 grams
3. Cholesterol: 20 milligrams
4. Fat: 14 grams
5. Fiber: 19 grams
6. Protein: 25 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1700 milligrams
9. Sugar: 32 grams

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