

# Dry Split Peas Make Good Meals

Prepared by MARIE TRIBBLE  
*Extension Foods and Nutrition Specialist, Oregon State University, Corvallis*

Split peas are dry peas with the skins removed. Because they have no skin, they do not hold their shape when cooked. This makes them a good ingredient for many dishes.

Split peas contain protein which the body needs to build and repair tissue. You get the most value from peas when meat, milk, cheese, or some other animal protein is eaten at the same meal. Dry peas are also a source of minerals and vitamins. They contain the B vitamins, especially thiamine, as well as calcium and iron.

Split peas are easy to store by keeping them in a tightly covered container in a cool, dry place.

One pound of dry split peas (about  $2\frac{1}{4}$  cups) provides about 5 cups of cooked peas.

Split peas combine well with many different foods and flavors. Add either crisp bacon bits, ham, sausage, frankfurters, luncheon meats, canned or dried beef, cheese, carrots, celery, onions, or canned tomatoes to peas to have mealtime variety and a good tasting dish.

## Recipes Using Dry Split Peas

### Cooking Split Peas, Short-Soak Method

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| 1 cup dry green or yellow split peas | 1 tablespoon butter or margarine |
| 2 cups boiling water                 | $\frac{3}{4}$ teaspoon salt      |

Add washed split peas to boiling water, along with butter or margarine to keep down foam. Bring water to boiling point. Boil 2 minutes. Remove from heat. Cover and let soak for  $\frac{1}{2}$  hour.

*To cook on top of range:* After soaking, add salt. Bring water to boiling point. Reduce to low heat. Cover tightly. Cook for 20 minutes. Do not stir during cooking. You may have to dry off moisture over low heat. Makes 4 servings.

*To cook in oven:* After soaking, place split peas and soaking water in casserole. Add salt. Cover tightly. Bake at 350 degrees F (moderate oven) for about 35 minutes. Makes 4 servings. Seasonings and other ingredients may be added before baking. Suggested ingredients to add before baking are:  $\frac{1}{2}$  cup chopped onion,  $\frac{1}{2}$  to 1 cup chopped ham, beef, or canned meat.

*Note:* When using a 1-pound package ( $2\frac{1}{4}$  cups) of split peas (the usual packaging), add  $\frac{3}{4}$  cup extra water.

### Pea Puree

Cook peas on top of range, simmering until tender. If possible, have all water evaporated off at the end of cooking period. Mash or force through a sieve. Keep a jar of puree in the refrigerator to use in recipes. It is good as a topping for meat dishes, cooked carrots, and onions.

### Pea Fritters

- |                               |                               |
|-------------------------------|-------------------------------|
| $1\frac{1}{4}$ cups pea puree | 2 tablespoons nonfat dry milk |
| 1 egg                         | 1 cup flour                   |
| $\frac{1}{2}$ cup water       | 3 teaspoons baking powder     |
| $\frac{1}{2}$ teaspoon salt   | Pepper to taste               |

Combine pea puree, egg, and water and beat. Sift together milk, flour, baking powder, salt, and pepper. Add dry ingredients to pea mixture and beat until well combined. Drop by spoonfuls into hot deep fat and fry until golden brown. Remove fritters from fat and drain. Good served with hot applesauce. Makes 6 to 8 fritters.

### Pea Loaf

- |                         |                               |
|-------------------------|-------------------------------|
| 2 cups pea puree        | 6 tablespoons nonfat dry milk |
| 1 cup fine bread crumbs | $1\frac{1}{2}$ cups water     |
| 1 egg, beaten           | $\frac{1}{4}$ teaspoon salt   |
| 1 teaspoon minced onion | $\frac{1}{8}$ teaspoon pepper |

Combine all ingredients; pour into a well-greased baking dish. Bake at 350° F (moderate oven) 45 to 50 minutes. Serve hot with cream sauce. Makes 6 servings.

### Spice Pie (Tastes like pumpkin pie.)

- |                                   |  |
|-----------------------------------|--|
| 1 tablespoon flour                | 2 teaspoons pumpkin pie spice or $\frac{1}{2}$ teaspoon each cinnamon, nutmeg, ginger, and $\frac{1}{4}$ teaspoon cloves |
| $\frac{1}{2}$ cup sugar           | 1 cup water  |
| $\frac{1}{2}$ teaspoon salt       | 1 tablespoon melted butter or margarine  |
| $\frac{1}{4}$ cup nonfat dry milk |  |
| 3 eggs, beaten                    |  |
| 1 cup pea puree                   |  |
| 4 tablespoons molasses            |  |

Blend flour, sugar, spices, salt, and nonfat dry milk. Mix together eggs, pea puree, molasses, water, and butter or margarine. Add dry ingredients to egg mixture. Pour into unbaked 9-inch pie shell. Bake at 450° F (hot oven) for 10 minutes. Reduce oven to 350° F (moderate oven) and bake 35 minutes, or until knife inserted in center of pie comes out clean.



This is one of a series of *Fact Sheets* reporting Cooperative Extension work in agriculture and home economics, Gene M. Lear, director. Printed and distributed in furtherance of Acts of Congress of May 8 and June 30, 1914. Oregon State University, Oregon counties, and U. S. Department of Agriculture cooperating.

### Pea Puree Doughnuts

- |   |  |
|---|--|
| 1 egg, slightly beaten  | $\frac{1}{2}$ teaspoon soda            |
| 1 cup pea puree   | $\frac{1}{2}$ teaspoon vanilla         |
| $1\frac{1}{2}$ cups sugar   | $3\frac{1}{2}$ cups sifted flour       |
| 2 tablespoons melted shortening   | $\frac{1}{2}$ teaspoon nutmeg          |
| 1 cup sour milk (or 1 tablespoon vinegar and enough sweet milk to make 1 cup) | $\frac{1}{2}$ teaspoon salt            |
|   | $3\frac{1}{2}$ teaspoons baking powder |

Combine egg, pea puree, sugar, shortening, and vanilla. Sift flour, nutmeg, salt, and baking powder together. Add soda to sour milk. Add flour mixture alternately with milk to puree mixture. Roll out to  $\frac{1}{2}$  inch thick, cut in rings, and fry in deep hot fat until lightly browned on both sides. Remove and drain on cake racks or several thicknesses of paper towels.

### Split Pea Soup

- |   |                               |
|---|-------------------------------|
| 1 medium onion, chopped                     | 1 cup dry split peas          |
| $1\frac{1}{2}$ tablespoons fat or drippings | $\frac{1}{2}$ teaspoon salt   |
| 6 cups boiling water                        | $\frac{1}{8}$ teaspoon pepper |

Brown onion in fat or drippings. Add water and peas. Boil gently about 2 hours or until of desired consistency. Season and serve. Makes 4 servings.

### Split Pea Soup with Meat

- |                      |                               |
|----------------------|-------------------------------|
| 1 cup dry split peas | 1 small onion, chopped        |
| 6 cups boiling water | $\frac{1}{2}$ teaspoon salt   |
| Ham bone             | $\frac{1}{8}$ teaspoon pepper |

Add peas to the water with ham bone and onion. Boil gently about 2 hours or until of desired consistency. Remove ham bone. Chop meat from bone and return to soup. Season and reheat. Makes 4 servings.

*Note:* For variety, omit ham bone and add 1 cup chopped canned beef at the end of cooking time. Reheat and serve. Thin slices of frankfurters or pieces of bologna also may be added at the end of the cooking time.

### Split Pea Vegetable Soup

- |                                  |                                      |
|----------------------------------|--------------------------------------|
| 1 large potato                   | 1 tablespoon fat                     |
| 2 carrots                        | 1 tablespoon salt                    |
| $\frac{1}{2}$ small onion        | $\frac{1}{8}$ teaspoon pepper        |
| 2 quarts water                   | $\frac{1}{2}$ medium head of cabbage |
| $\frac{1}{2}$ cup dry split peas |                                      |

Bring water to a boil and add cut up potato, carrots, onion, the split peas, fat, salt, and pepper. Simmer 45 minutes. Cut cabbage into large pieces, add and cook 15 minutes more. Makes 6 servings.

### Pea-Beef-Rice Casserole

- |                                  |                      |
|----------------------------------|----------------------|
| $\frac{1}{2}$ cup dry split peas | 1 onion, diced       |
| $\frac{1}{2}$ cup rice           | 1 can tomatoes       |
| $\frac{1}{2}$ teaspoon salt      | 2 tablespoons catsup |
| 2 cups boiling water             | 1 tablespoon sugar   |
| 1 pound ground meat              |                      |

Place peas, rice, and salt in baking dish. Add boiling water and stir; cover and bake at 350° F (moderate oven) 30 minutes.

Brown meat and onion. Add tomatoes, catsup, and sugar. Pour over peas and rice and bake another 30 minutes. Makes 10 to 12 servings.

### Creamed Peas and Chopped Meat

- |  |                                   |
|--|-----------------------------------|
| 1 cup dry split peas                           | $\frac{1}{2}$ teaspoon salt       |
| $2\frac{1}{2}$ cups water and vegetable liquid | $\frac{1}{8}$ teaspoon mustard    |
|  | Dash pepper                       |
| $\frac{1}{4}$ cup butter or margarine          | $\frac{3}{4}$ cup nonfat dry milk |
| $\frac{1}{4}$ cup flour                        | 2 cups chopped meat               |

Cook peas in the  $2\frac{1}{2}$  cups water until tender. Drain and save liquid. Add water to make 2 cups. Set aside. Melt butter or margarine. Stir in flour, salt, mustard, and pepper. Simmer 5 minutes. Add dry milk. Gradually stir in water. Cook and stir until thickened, about 5 to 8 minutes. Add meat and peas. Heat thoroughly. Serve over cooked rice or bulgur. Makes 4 to 6 servings.

### Meat Loaf

- |                               |                                    |
|-------------------------------|------------------------------------|
| 1 cup cooked dry split peas   | $\frac{1}{4}$ cup water            |
| 1 cup dry bread crumbs        | $\frac{1}{4}$ cup catsup           |
| 1 cup raw carrots, cut fine   | 1 cup chopped canned               |
| $\frac{1}{8}$ teaspoon pepper | meat or $\frac{1}{2}$ pound ground |
| 1 tablespoon nonfat dry milk  | meat                               |

Combine all ingredients. Pour into greased baking dish and bake at 350° F (moderate oven) 45 to 50 minutes. Makes about 8 servings. If ground meat is used, add  $\frac{1}{4}$  teaspoon salt to ingredients.

### Split Pea Patties (A good way to use left-over mashed potatoes)

- |   |                          |
|---|--------------------------|
| $\frac{1}{2}$ cup mashed potatoes       | 1 egg, beaten            |
| $\frac{1}{2}$ cup cooked dry split peas | Salt and pepper to taste |
| $\frac{1}{2}$ cup grated cheese         |                          |

Combine ingredients. Form into patties and fry in fat or bacon drippings until nicely browned on both sides. In place of potatoes, bread crumbs or cooked corn meal can be used. Makes 4 patties.

### Peas and Rice Casserole

- |                                  |                             |
|----------------------------------|-----------------------------|
| $\frac{1}{2}$ cup dry split peas | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ cup rice           | 2 cups boiling water        |

Place rice, salt, and peas in baking dish. Pour in boiling water, stir, and bake covered at 350° F (moderate oven) 30 minutes or until tender. Serve with cheese sauce.

### Cheese Sauce

- |   |                                   |
|---|-----------------------------------|
| 2 tablespoons butter or margarine, melted | $\frac{1}{8}$ teaspoon pepper     |
| 2 tablespoons flour                       | $\frac{1}{4}$ cup nonfat dry milk |
| $\frac{1}{4}$ teaspoon salt               | 1 cup water                       |
|   | $\frac{1}{2}$ cup grated cheese   |

Add flour to melted butter and lightly brown. Stir in salt, pepper, and nonfat milk until blended. Add water and stir until mixture begins to thicken. Add cheese and continue heating until cheese is melted and sauce is thickened. Makes 5 to 6 servings.