

Frozen Peas



Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE



Peas are a starchy vegetable seed that comes from a pod. Peas are part of the legume family like beans.

How To Use Them

Add frozen peas to soups, chilis, and casseroles. Thawed peas can be added to salads.

How To Store Them

Store in the freezer at or below 0 °F until ready to use. Thaw according to package instructions or use frozen.

Why Eat Them?

Peas add flavor, color, fiber, and potassium to any meal and are naturally low in calories.

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Chicken Soup for the Soul

Makes 4 servings



Ingredients

- 1 stalk of celery, chopped
- 1 carrot, chopped
- 1 onion, chopped
- 1 cup frozen peas
- 5–6 cups of low-sodium chicken broth
- 1 cup of cooked chicken, cubed, or canned (drained)
- ½ cup uncooked rice, macaroni, or small noodles

Directions

Wash hands with soap and water.

1. Combine celery, carrots, onions, peas, and chicken broth in a pot. Bring to a boil.
2. Add chicken and reduce heat.
3. Add rice, macaroni, or noodles.
4. Simmer on low until rice, macaroni, or noodles are tender and flavors are mixed. Chicken should reach a final internal cook temperature of 165 °F as measured with a food thermometer before serving.

