

Diet

With up to one-third of the American adult population unemployed during the Great Depression, Hunger was endemic, particularly in urban areas where families did not have farms or vegetable gardens. On the Great Plains many family farms were destroyed during dust storms in the 1930s, and the farmers had to migrate to cities in search of work. People everywhere struggled to get the most nutrition for their families at the least possible cost. Popular choices were bean or pea soups that were very high in protein and to which a variety of fresh vegetables could be added.

Healthy recipe

Split pea soup (serves 10-12)

Ingredients

Water

Bag of dried peas (presoaked for 2 or more hours and then drained)

Onion, chopped

3 large carrots, scraped and diced

6 stalks celery, diced

4 large cloves garlic, or 6-8 smaller cloves, peeled and crushed

2 tbsp. nutritional yeast (optional, but does add to the taste and health of soup)

1 tbsp. white vinegar

2 vegetable Maggi cubes

1-2 tsp. ground cloves, or to taste

Salt/pepper to taste

Directions

1. Add water to 6-qt. slow cooker until pot is slightly over half full.
2. Add peas, onion, carrots, celery, garlic, and yeast to water.
3. Cook on low to medium heat for 2 hours.
4. Add vinegar, Maggi cubes, and cloves. Adjust ingredients to taste, if needed. Add salt/pepper to taste.
5. Serve with a crusty, whole wheat bread.