

SPLIT PEA SOUP



Time Required:
35 minutes



Servings: 2

INGREDIENTS:

- 1 1/2 cups green split peas
- onion
- 4 fresh carrots (or 1 1/2 cups of carrots)
- 2 medium onions (2 cups of chopped onions)
- 1 1/2 cups of celery (4 stalks) or bell pepper (1 1/2 bell pepper)
- salt to taste
- 2 containers (64 oz. total) of vegetable stock

Optional add-ins:

- 1 1/2 bell pepper or 4 stalks of celery

STEPS FOR COOKING:

1. Add a few tablespoons of oil to a large pot and set it to low to medium heat.
2. Add the chopped vegetables and seasoning and saute them until soft.
3. Add the rinsed split peas and vegetable stock, stir, and bring to a boil.
4. Once it is brought to a boil, lower the heat to simmer. Allow to simmer for 1 hour, stirring occasionally.
5. Once the peas are cooked down and the soup is thick, it is ready.
6. Add more seasoning as desired.

Recipe Source:

<https://www.chelseasmessyapron.com/vegetarian-split-pea-soup-recipe/>

WIC Foods:

- Onion
- Fresh carrots
- Bell Pepper
- Celery

Pantry Foods:

- Green Split Peas

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