



Cost: 

Ease: 

**Health Benefit:** This meal provides you with protein (peas), carbohydrates (potato, peas), and fiber (peas, and vegetables)!

Split pea soup is a staple in my house. It not only is delicious, but its become a comfort food to everyone in our family. During times like these, its important to have food that is warming, comforting and able to lift our spirits. Pea soup is especially a favorite of mine because of how well it freezes, and how many different ways you can serve it.

### Substitutions:

One of the reasons I love this soup is because of the many ways you can serve it. You can add pieces of ham or bacon, hotdogs, cheese, or even all of the above! Each family member can use this soup as a base for whatever they want!

# Split Pea Soup

## Ingredients:

- 1 TBSP oil
- 2 ¼ cup split peas (yellow or green)
- 3 stalks celery, chopped
- 3 carrots, peeled and chopped
- 2 onions, chopped
- 1 potato, chopped
- 2 quarts water
- Salt and pepper to taste

## Directions:

1. Heat oil in a large stock pot; Add celery, carrots, and onion; Cook until tender; Add potato and continue to cook until tender
2. Add peas and mix around to “toast” (about 1 ½ minutes)
3. Add water
4. Add salt and pepper
5. Bring to a boil; Simmer for at least 1 hour, mixing occasionally

Note: If you want an even heartier soup, you can add ½ cup of barley.

## Cookware needed:

- Large stock pot
- Spatula or wooden spoon