

Split Pea Soup

Stovetop Recipe

Makes 9 cups

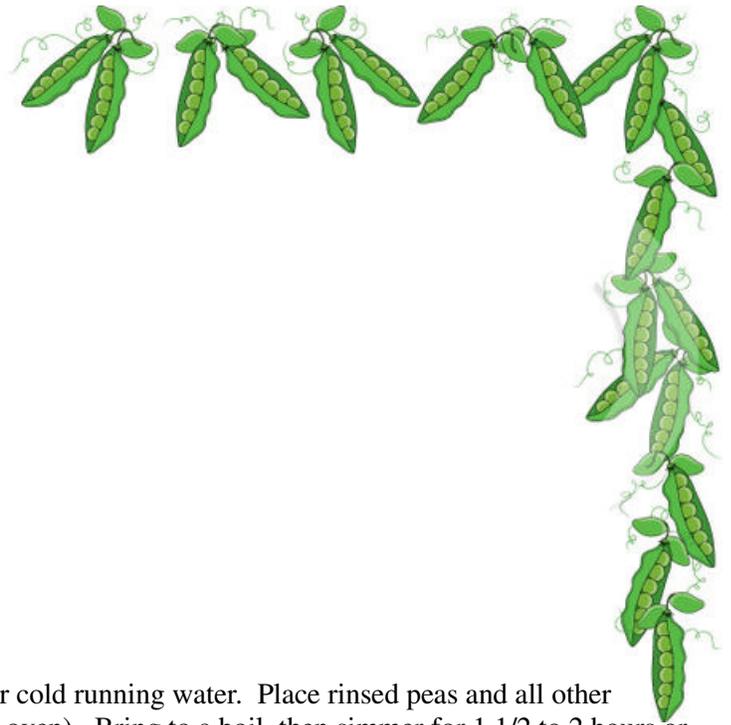
Ingredients:

2 rounded cups dried green split peas
7 cups water
1 medium onion, chopped
2 medium carrots, quartered and sliced
1 cup celery, chopped
2 teaspoons salt (try Real salt!)
1 bay leaf
1/4 teaspoon ground thyme

Preparation:

Measure and sort dried peas. Rinse them in a colander under cold running water. Place rinsed peas and all other ingredients in a medium-large pot (about the size of a Dutch oven). Bring to a boil, then simmer for 1 1/2 to 2 hours or until mixture becomes thick and peas are done. Remove bay leaf. If you prefer a smoother texture, blend all or part of the soup in a blender for a few seconds.

Try serving with cooked brown rice - excellent!



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