

Recipe of the Day

Split Pea Soup

This past week I remembered enjoying pea soup years ago at a restaurant in northern California... so I asked Shirley to see what she could do to satisfy my latest whim. She did... and it was a home run. I'm sure that you will enjoy it too.

2 cups dried green split peas
2 quarts water
1 large stalk celery, diced
2 carrots, diced
1 large potato, peeled and diced
1 onion, chopped
2 large bay leaves
1/2 tsp cumin
1/2 tsp cinnamon
1/2 tsp ground cardamom
salt and pepper to taste

Rinse the split peas and put in a soup pot with the water. Add all the other ingredients and bring to a boil. Simmer for 45 minutes to an hour.

Remove bay leaves and puree soup. To serve, top each bowl with 1 T. soy cream and chopped chives and parsley.

NutritionFacts	
per serving makes 12 servings	
Amount per serving	
Calories	139
Calories from fat	3
% Daily Value *	
Total Fat 0.4g	1%
Saturated Fat 0.1g	1%
Cholesterol 0mg	0%
Sodium 215mg	9%
Total Carbohydrate 25.3g	8%
Dietary Fiber 9.3g	37%
Protein 8.7g	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
Additional Information	
2.2% of calories from Fat	
72.8% from Carbohydrates	
25% from Protein	