

Throw It All In The Pot Split Pea Soup

Stir up this easy, flavourful soup for friends and family. Just throw everything in a pot and let it simmer.

Preparation Time: 10 min.

Cooking Time: 50-60 min.

Servings: 6-8

Amount	Ingredient	Cost – date:
1 and 1/2 cups	Green or yellow split peas, rinsed well in cold water and then drained well	
9 cups	Chicken or vegetable stock	
5 oz (150 g)	Sliced deli ham such as country or black forest, chopped (optional)	
1 cup	Celery, finely chopped	
1 cup	Onion, finely chopped	
1	Bay Leaf	
1/2 cup	Carrot, grated	
1/2 tsp	Ground Sage	
1/2 tsp	Thyme Leaves dried	
1/2 tsp	Dried Marjoram Leaves	
1/8 tsp	Cayenne Pepper	
1 Tbsp	Red wine vinegar (to add at the end)	
2 Tbsp	Green onions or chives, chopped for garnish when serving	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

1. Put everything into a pot and bring to a gentle simmer over medium-high heat. Small bubbles should just break the surface. Reduce heat to medium-low to maintain the gentle simmer. Simmer, partially covered until peas are very tender, about 50 to 60 minutes. The older the peas, the longer it takes to cook them.
2. Add a little more stock or water if the soup has reduced too much or has become too thick. Remove bay leaf at this point.
3. Totally optional but if desired, use an immersion blender but don't over puree.
4. Taste soup and season with salt and pepper as needed. Stir in 1 Tb of red wine vinegar.
5. Garnish with finely chopped green onions or chives when serving.

SOURCE: Eric Akis from *The Soup Sisters Family Cookbook*

Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!