

Split Pea or Lentil Soup

Ingredients:

Amount	Unit	Item	Preparation
(1,.50,	(cup, Tbsp, g,	(egg, chaya leaves,	(crushed, diced, whole)
8)	ml)	sugar)	
2	cups	dry split peas or lentils	
2	quarts	water	
1		ham hock	
1/2	cup	celery	finely chopped
1/2	cup	carrots	finely chopped

Recipe Instructions:

- 1. Place all ingredients into a large kettle.
- 2. Boil gently about 2 hours or until the consistency desired for soup.
- 3. Remove ham hock.
- 4. If desired, press peas though a coarse sieve to get puree.
- 5. Chop meat from bone and return to soup.
- 6. Season with salt and pepper to taste.
- 7. Add water if needed.
- 8. For a superb flavor and to stretch quantity, add a can of cream of potato soup and reheat.

Recipe Serving #: 8

http://edn.link/9aaczz