



Recipes

Soup

Split Pea Soup

Prep Time: 10 minutes

Cooking Time: 1 hour

Yield: 6 servings

Ingredients:

2 cups split peas
8 cups water
6-inch piece kombu
1 large onion, chopped
2 large carrots, chopped
2 parsnips, chopped
1/2 cup chopped fresh dill
2 tablespoons tamari soy sauce

Directions:

1. Wash peas.
2. Place peas, kombu and water in pot.
3. Bring to boil, skim off any foam.
4. Add onion and simmer over low heat.
5. After 30 minutes add carrots, parsnips, dill and tamari.
6. Simmer, covered, for an additional 30 minutes.