

SAMSSites Recipes

Split Pea Soup

My own modified from others

I was a vegetarian for several years and I still use many of the recipes that I found and/or changed.

- About 3 cups of split peas or one bag
- 3 quarts of water (for vegans) or broth (ham bone)
- 4 tbs oil
- 1/4 teaspoon chopped red pepper
- 4 cloves garlic
- 1 med onion chopped fine
- 3 tbs soy sauce
- 3 cups diced potatoes
- 3 cups sliced carrots
- 1 cup chopped celery
- 1 cup of chopped parsley

Soak peas Cook water, peas, oil, garlic, onion, soy sauce for a couple hours on a very low heat. Make sure the peas are dissolved. Add the rest of the ingredients and cook another hour.

