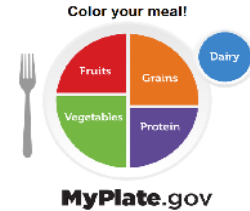




SPLIT PEA SOUP



Ingredients:

- 1 teaspoon Olive Oil
- 1 Onion, diced
- 3 cloves garlic, minced
- 1 stalk celery, diced
- 1 carrot, diced
- 16 ounces dried green split peas, rinsed

- 8 cups low-sodium chicken broth
- 1/4 cup parsley
- 1/2 teaspoon dried thyme
- 1/8 teaspoon salt
- 1/4 teaspoon black pepper
- splash red wine vinegar

Directions:

1. Warm Oil in a large pot over medium heat.
2. Sauté the onion in the oil for about 2 minutes. Then add garlic and sauté for another 2 minutes.
3. Add the celery and carrot and sauté for about 5 minutes.
4. Add split peas, broth, parsley and thyme, reduce heat to medium and cook for about 50 minutes, covered, stirring occasionally.
5. When soup is thick, season it with salt, pepper and red wine vinegar.

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Mention Gleaners when speaking with your SNAP representative.

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