

## SPLIT PEA SOUP

1 onion, coarsely chopped

1 clove garlic, minced\* (optional)

1 Tablespoon olive oil

1 cup split peas, rinsed and sorted

5 cups water

2 teaspoons good quality salt

1/2 teaspoon basil

1 bay leaf

Sauté onions and garlic in olive oil. Add water and bring to a boil. Add split peas and simmer until split peas form a smooth soup. Add salt, bay leaf and basil. Simmer for 10 minutes. Remove bay leaf and serve.

### **Variations:**

Add 1/2 to 1 cup evaporated milk to finished soup.

Add chopped carrots and celery to soup with the seasonings and simmer until vegetables are lightly cooked, but still crisp.

Add 1/2 cup brown rice to the boiling water first, then after 1/2 hour add split peas and cook until peas are tender or form a smooth soup. Add seasonings and simmer for 10 minutes. (Note: The brown rice completes the protein of the legumes.)

### **Notes:**

\*A head or bulb of garlic usually contains about 10 cloves. 1 clove = 1 teaspoon chopped garlic = 1/2 teaspoon minced garlic = 1/8 teaspoon garlic powder = 1/2 teaspoon garlic flakes = 1/4 teaspoon granulated garlic = 1/2 teaspoon garlic juice