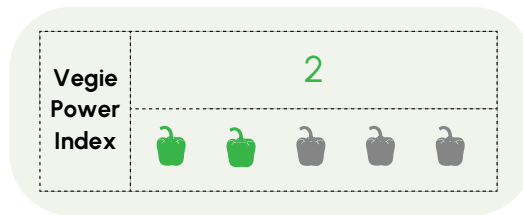


Split pea soup



Recipe classification	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
	Green	Everyday	Green	Green	Green	Green	Green	Green

PREP/COOKING TIME: 110 MINUTES

BASED ON: 10 SERVES

INGREDIENTS

	SERVES 10	SERVES 25	SERVES 50
Polyunsaturated oil	10 mL	30 mL	55 mL
Onions, chopped	1	2 ½	5
Celery sticks, chopped	2	5	9
Large carrots, chopped	1	3	6
Large parsnips, chopped	½	1	2 ½
Split green peas	250 g	625 g	1.25 kg
Water	1.25 L	3.1 L	6.25 L
Mint leaf sprigs	3	7	16
Lemon juice	10 mL	30 mL	55 mL
Black pepper (to taste)			

METHOD

1. Heat oil in pan
2. Gently cook onion, celery, carrot and parsnip
3. Add peas, water and mint leaves
4. Simmer until peas are tender, approximately 1 ½ hours
5. Blend soup until smooth, thinning with reduced-fat milk if needed
6. Add lemon juice and pepper
7. Heat to serve