

Spicy Split Pea Soup

Serves 6

Combine in large saucepan:

5 c. vegetable or chicken broth or bouillon

5 c. water

1 lb. dried split peas or lentils

Heat to boiling, turn off heat, cover, and let stand for 1 hour. (Omit this step if using lentils.) Reheat, and simmer over low heat for 45 minutes.

Sauté in skillet over medium heat:

2 T. butter or margarine

½ c. chopped onion

1 clove garlic, finely chopped

1 T. curry powder

1 t. crushed coriander seeds

¼ t. crushed red peppers

1 t. salt

Stir-fry about 7 minutes. Stir spice mixture into split peas, cover, and cook over low heat for 20 minutes. Cool slightly. Puree 2 cups of the soup in covered blender, holding lid partially ajar to let steam escape. Repeat until all has been pureed.

Stir in:

½ c. light cream or milk

Heat to serving temperature. If soup is too thick, thin with small amount of water or milk.

Options:

Soup can be served without blending. Substitute ¾ t. ground coriander for coriander seeds, and cayenne pepper for crushed peppers.

Recipe from *More with Less* by Doris Janzen Longacre

