

Mushroom Split Pea soup

Serves 4 to 5 and may be prepared day before and refrigerated.
Reheat gently before serving add more stock if too thick.

1 cup sliced mushrooms
¾ cup split peas
1 tbsp vegetable oil
1 medium onion chopped
1 medium carrot chopped
1 crushed garlic
A celery stalk chopped
4 cups low salt chicken or beef stock
4 tsp 2% yogurt (optional light sour cream)

Method

Heat oil and sauté onions, garlic, celery, carrot and mushrooms until softened. Approximately 5- 10 mins

Add stock and split peas; reduce heat, cover and simmer for 40 mins or until split peas are tender, stirring occasionally. Puree in food processor until creamy and smooth.

Serve warm in soup bowls and garnished with yogurt or cream as desired.

Brings home LIGHT cooking – Rosie Reisman
or Canadian Breast Cancer Foundation