

## Simply Pea Soup

- 3 Tbs. your favorite, non-hydrogenated cooking oil
- 3 Garlic cloves, crushed
- 1 lg. Onion, finely chopped
- 2 med. sized carrots, finely chopped
- 1 Tbs. Dill, fresh or dried
- 1 Tbs. Parsley, finely chopped
- 1 Tbs. Italian Seasoning

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- 8 oz. Split dried peas
  - 1 org. Bouillon cube
  - About 8 to 10 cups water
  - 1 ½ cups small potato cubes (about  
2 med. potatoes)
  - Salt to taste



Sautee first 7 ingredients until translucent, then add all other ingredients, except potatoes. Bring to a boil, and then simmer on low heat. When peas are soft add potato cubes and continue to simmer until all are tender. Adjust seasoning, or add water if too thick.

When done, take two cups of this mixture and puree in blender, then return to the soup mixture. This blends the flavors really well.

Tastes great with flaxseed crackers. You can crumble them on top.