

From Kirsten's Kitchen

It's soup season!

Yellow Split Pea Soup

Makes 1.5 litres

1 tbsp (15 mL) canola oil
½ cup (125 mL) onions, chopped
1½ cup (125 mL) carrots, chopped
1 cup (250 mL) ham, diced
1 ½ cups (375 mL) **dry yellow split peas**, prepared according to package
2½ cups (625 mL) reduced sodium vegetable broth*
1 cup (250 mL) milk
Dash each of nutmeg, pepper and salt.

1) In a large stock pot, heat oil. Add onions and carrots and sauté vegetables until tender. (*I'd be tempted to puree these too*) Add ham and sauté until heated through.

2) Purée prepared split peas in blender or food processor, adding vegetable broth ½ cup at a time as needed to get puréed texture.

3) Add puréed peas to the stock pot, along with milk, any remaining vegetable broth, nutmeg, pepper and salt. Continue to heat until desired temperature is reached. Serve.

Easy Egg Drop Soup

4 cups broth (chicken, beef or vegetable)
2 cups fresh washed spinach
2 eggs - beaten
¼ cup grated parmesan cheese

Heat broth, mix eggs and cheese together, add to heated broth, stir, add spinach, stir, let spinach wilt 30 sec. Serve. (I prefer it with the beef broth)