



HIGH FIVE RECIPES

Split Pea Soup with Rosemary

**Serves 4. Prep time: 15 minutes active;
1 hour, 30 minutes total.**

The High Five

1 cup split peas, rinsed
1 large onion, chopped
2 medium carrots, chopped
1 tablespoon fresh rosemary,
chopped
½ cup white wine

Pantry and Kitchen Items

5 cups water
1 teaspoon dried thyme
½ teaspoon salt
½ teaspoon black pepper

Preparation

Put the peas and water in a large pot and bring to a boil. Reduce to a simmer, and add the onion, carrot, rosemary and thyme. Cover the pot. Simmer for an hour, checking occasionally to stir and add water if needed.

When the split peas are falling apart, stir in the wine, salt and pepper and simmer for 5 minutes. Serve hot.

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Ingredient checklist

PRODUCE

- Onion
- Carrots
- Rosemary

BULK

- Split peas

GROCERY

- White wine

SPICES/SEASONINGS

- Thyme
- Salt
- Black pepper

Serving suggestion

Because this particular split pea soup recipe doesn't contain ham, it would make an excellent first course when ham is your entrée. Pairing it with a grilled ham and cheese sandwich is another fine option.

Nutritional information per serving

240 calories	43 g. carbohydrate
1 g. fat	15 g. fiber
0 mg. cholesterol	13 g. protein
340 mg. sodium	

The nutritional values and information provided are approximations.

