

Recipe

Green Split Pea Soup

By

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Ingredients

- 1 C green split peas
- 5-6 C water
- 2 carrots, peeled and cut into big chunks
- 2 tomatoes, peeled and chopped
- 1 bay leaf
- 1½ Tsp butter
- ½ Tsp yellow asafetida powder
- 2 Tsp dried celery (or 1 stalk of fresh celery)
- 1½ Tsp salt
- ¼ Tsp ground black pepper
- ¼ Tsp paprika or red chili powder
- 2 Tsp dried Parsley (or 2 Tbsp chopped fresh parsley)

Preparation

1. Combine the split peas, water, carrots, tomatoes and bay leaf in a saucepan over moderate heat. Bring it to a boil over moderate heat and simmer for 40-50 minutes or until the split peas are broken down and mushy. Alternately you can pressure cook the split peas with the vegetables.
2. Transfer the contents of the saucepan to a blender and blend to a creamy puree.
3. Rinse the saucepan with water. Melt the butter slowly over moderately low heat; sprinkle the asafetida, add celery and sauté for a while. Add the blended mixture. Add salt and pepper and cook over low heat for 5-10 minutes. Serve hot with sprinkles of paprika and parsley.

Serves

Four-Six

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Hare Rama Hare Rama Rama Rama Hare Hare**