

Soups from Scratch Recipes

Split Pea Soup

Start with:

- 3 cups dry green split peas
- 7 cups water or chicken broth
- 1 bay leaf
- 1 tsp salt



Next:

- Simmer covered for 3-4 hours, then remove the bay leaf.

Add these ingredients then simmer until veggies are soft:

- 1 cup minced onion, 3 cloves crushed garlic (or 1 ½ tsps of garlic salt), 1 cup minced celery, 1 small thinly sliced potato, 2 cups sliced carrots

Lentil Soup

Start with:

- 3 cups dry lentils (rinsed)
- 7 cups water or broth or stock
- 1 tsp salt



Next:

- Simmer covered for 3-4 hours

Add these ingredients then simmer until lentils & veggies are soft:

- 2 tsp minced garlic (or 1 tsp of garlic salt), 1 cup chopped onion, 1 cup chopped celery, 1 cup chopped carrots

More options:

- Add diced meat for protein or other herbs if desired