

National Split Pea Soup Week

November 9th-15th

Gearing up for National Split Pea Soup Week!

National Split Pea Soup Week has been celebrated in the U.S. since 1969. North Dakota and Montana farmers grow 79% of all the dried peas, making them our top producers in the United States.

Help us celebrate National Split Pea Soup Week by cooking your favorite split pea soup! Don't forget all the health benefits you will receive, this modest-looking vegetable actually towers in terms of its nutrition; split peas—green or yellow are full of fiber, protein, vitamins and minerals. As consumers become more aware of the tremendous health benefits of peas, (pulses) our hope is that this promotion will continue to expand in upcoming years throughout North Dakota, Montana and the United States.



If you would like more information on using pulses as a nutritional powerful ingredient in recipes or as a flour ingredient, please contact at the Northern Pulse Growers Association at 701-222-0128 or www.northernpulse.com.

Below are several split pea soup recipes to add to your menu the week of November 11th-17th.

Split Pea & Squash Soup

2 leeks, white part only, thinly sliced
2 Tbsp. vegetable oil
1 tsp. ground coriander
1 quart water
2 cups peeled/cubed acorn or banana squash
1 cup dry yellow split peas, rinsed
1 tsp. salt, or to taste
1/4 tsp. ground white pepper
1 tsp. ground allspice

- In a large, heavy saucepan over medium heat, cook leeks in oil, until they are limp, stirring constantly, about 3 minutes. Add coriander, pepper and allspice and cook for a minute more.
- Add squash and split peas, stir, add water. Heat to boiling; reduce heat, cover and simmer until peas are tender, about 40 minutes.
- Puree about the half the soup in a blender, return puree to pot and heat soup through. Add salt, adjust the seasonings and with water, if desired.

Add a crusty bread and salad for a satisfying one dish meal or sprinkle with crisp garlicky croutons to complete this unusual split pea soup!

Country-Style Split Pea Soup

1 c. chopped onion (1/2 c. to sauté and 1/2c. to add into soup)
1 leek, thinly sliced
2 cloves garlic, minced
1 Tbsp. canola oil
1 1/4 c. dry USA green or yellow split peas, rinsed
6 c. low-sodium chicken broth
1 bay leaf
1 c. diced celery (1/2 c. to sauté and 1/2 c. to add into soup)
2 medium carrots, peeled and sliced
2 medium potatoes, peeled and diced
1 c. diced cooked ham (add ham bone if you have one.)
salt and pepper, to taste
1/2 c. heavy whipping cream

- In a large, heavy saucepan, sauté onion, leek, celery and garlic until they are tender, about 5 minutes.
- Add peas, broth, bay leaf, salt and pepper. Bring to a boil.
- Reduce heat, cover, and simmer - stirring occasionally, for about 40 minutes, or until peas are tender.
- Add rest of the onion, celery, carrots, potatoes, and ham to the soup. Cover and simmer about 15 to 20 minutes, or until vegetables are tender but retain their shape. Add water, if necessary, to thin soup. Reduce heat.
- Add 1/2 c. heavy whipping cream, cook for 5 minutes, (Do not boil.)

Serve with garlic toast or corn bread to finish off your meal!



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