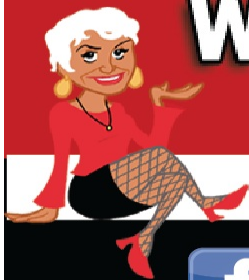


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SCANDINAVIAN YELLOW PEA SOUP

Advanced Lifestyle

Ingredients

12 cups cold water or sodium-free vegetable broth
2 cups dried split yellow peas (can also use green)
2 whole dried bay leaves
1 sliced onion
2 diced large carrots
2 sliced celery stalks & leaves
Morton's Lite salt
black pepper
optional: thyme, marjoram or nutmeg

Instructions

1. In large soup pot combine all the above ingredients and simmer 1-1/2 hours.
2. When peas are tender, fish out the bay leaves, then process soup in small batches in blender or food processor until smooth. If you like, you can press softly cooked peas and vegetables through a coarse strainer. Taste. Adjust seasonings and then if desired. Reheat to serve.

Portion-Per-Serving Information: (Yields 12 servings)

Serving = 1 cup = 2 V