

# Organic Green Split Peas

Country of Origin: Canada/USA

Certified Organic

Pro-Cert

## Nutrition Facts Valeur nutritive

Per 1/2 cup (100 g) / par 1/2 tasse (100 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 340	
<b>Fat / Lipides</b> 1 g	<b>2 %</b>
Saturated / saturés 0.2 g + Trans / trans 0 g	<b>1 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 15 mg	<b>1 %</b>
<b>Carbohydrate / Glucides</b> 60 g	<b>20 %</b>
Fibre / Fibres 26 g	<b>100 %</b>
Sugars / Sucres 8 g	
<b>Protein / Protéines</b> 25 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	6 %
Iron / Fer	30 %

### Factoid:

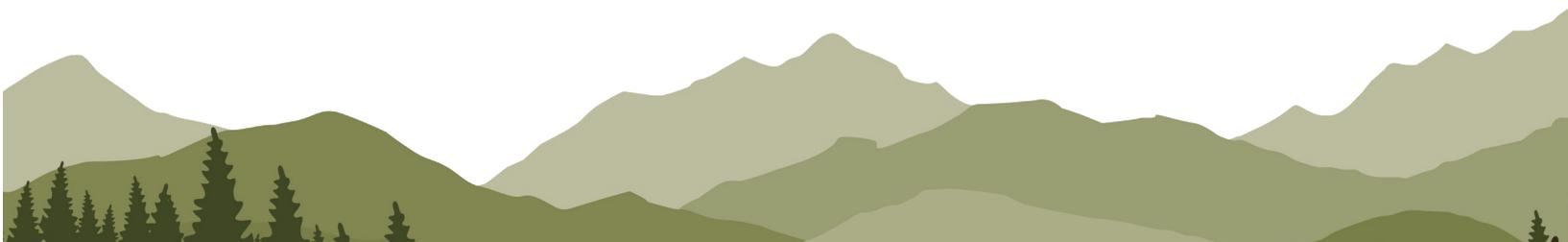
Split peas are high in dietary fibre and protein, and have a low glycemic index value. Splitting the peas decreases cooking time, and is said to give them a softer texture and a slightly sweeter taste. They come in yellow and green varieties.

### Allergen Information:

This product may contain sesame, soy, wheat and gluten.

### Ingredients:

Organic green split peas



**Recipe:**

**left coast  
ORGANICS**

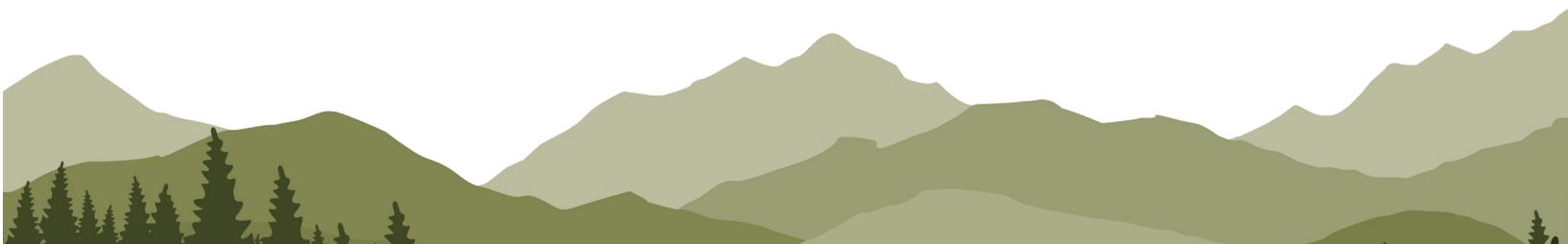
# Split Pea Soup

## Ingredients:

- 1 Tbl olive oil
- 2 C onion, chopped
- 2 C carrot, chopped
- 2 C celery, finely chopped
- 1/2 Tbl garlic, minced
- 1 C yellow split peas
- 1 C green peas split
- 8 C fat-free chicken broth
- 1 1/2 tsp salt-free seasoning blend
- 1 tsp salt

## Instructions:

1. In a large pot or Dutch oven over medium heat, heat olive oil.
2. Cook onion, carrot, celery and garlic until onion is translucent.
3. Stir in yellow and green split peas, broth, seasoning and salt.
4. Cover, bring to a boil, then reduce heat and simmer 2 1/2 hours, stirring frequently.
5. Puree with a blender or food processor. Return to pot, heat through, and serve.



## Cooking Note:

1. Examine the peas and remove any debris.
2. Place 1 cup of peas and 3 cups of water into a 2-quart cooking pot and bring to a boil.
3. Reduce the heat to medium-low and simmer for 30-40 minutes, covered. The peas should be tender.
4. Remove from heat and season to taste.

