

Let's Make Hearty Soups February 2015

Split Pea Soup a la Crockpot

Servings: 8-10

Ingredients:

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| 2 cups green split peas | 4 strips of bacon (optional) |
| 2 potatoes, peeled and cubed | 2 quarts of water or broth |
| 1 onion, chopped | 2 teaspoons salt |
| 4 cloves garlic | 1 teaspoon pepper |
| 2 bay leaves | 1/4 cup of butter |

Directions:

- 1) Combine split peas, potato, onion, and garlic in the crockpot.
- 2) In saucepan on the stove bring water or broth to a boil. Then add it to the crockpot.
- 3) Cook on low for 8-10 hours.
- 4) Remove bay leaves. Add salt, pepper, and butter.
- 5) Use an immersion blender (or regular blender) to blend very smooth.
- 6) Top each bowl of soup with chopped parsley. Serve with hot cornbread.

Cornbread

Preheat: oven to 400°F

Ingredients:

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| $\frac{1}{4}$ cup of butter or lard |
| 2 eggs, beaten |
| $1\frac{3}{4}$ cups buttermilk, thinned yogurt, or kefir |
| 2 cups cornmeal |
| 1 teaspoon baking soda |
| 1 teaspoon salt |

Directions:

- 1) Preheat 8- or 10-inch cast iron skillet for 10 minutes.
- 2) In mixing bowl combine eggs and buttermilk. Then mix in cornmeal, baking soda, and salt.
- 3) Add butter or lard to the cast iron pan and let melt for 2 minutes.
- 4) Pour batter into cast iron pan. Bake for 25 minutes.
- 5) Serve cornbread with butter.