PALOUSE SOUP MIX*

Dry Soup Mix

2 1/2 cups green split peas (one 16-ounce package)
2 1/2 cups lentils (one 16-ounce package)
2 1/2 cups pearl barley (one 16-ounce package)
2 cups macaroni (one-half 16-ounce package) **or** 2 cups rice

Mix all ingredients together. Store in a jar with a tight-fitting lid. Stir before using.
MAKES 10 CUPS OF MIX - 1 cup mix makes 4 servings.

Soup directions:

1 cup of mix
1 chopped onion
2 chopped carrots
4 cups of water
1 cup of cooked chopped meat, optional

1. In a large pan, combine soup mix, onion, carrots, water and meat. *For more flavoring add one or more of the following:* 1/2 tsp. salt, 1/2 tsp. garlic powder, 1 tsp. oregano or basil **or** 1 Tbsp. chili powder, 2 Tbsp. lemon juice or vinegar
2. Bring mixture to a boil. Reduce heat to low, cover pan. Simmer gently for 45 minutes or until peas and lentils are tender.

NUTRITION FACTS (per serving/NO MEAT) - Calories 170 ~ fat 0 g ~ calories from fat 0 ~ sodium 15 mg ~ total carbohydrate 34 g

Minestrone Soup:

1 cup soup mix
1 16-oz. can stewed tomatoes
1 to 2 chopped potatoes
1 chopped onion
1 chopped carrot
2 to 3 cups water
1 teaspoon oregano.

1. In a large pan, combine soup mix, tomatoes, potatoes, onion, carrot, water and oregano. *For more flavor, add one or more of the following:* 1/2 tsp. salt, 1 bouillon cube, 1 tsp. basil, 1/2 tsp. garlic powder
2. Bring to a boil. Reduce heat to low, cover pan. Simmer 45 minutes or until peas and lentils are tender.

NUTRITION FACTS (per serving) - Calories 220 ~ fat .5 g ~ calories from fat 5 ~ sodium 260 mg ~ total carbohydrate 47 g

*From "Parents & Children Growing Together", Washington State University Cooperative Extension.

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