



## **WHOLE PEA SOUP WITH FRESH TARRAGON**

1 cup Whole peas, soaked  
4 cups Stock  
1 lg Carrot, halved  
2 Tbsp. Tarragon  
Salt & pepper

Drain the soaked whole peas. Cover with stock in a large pot & add the carrot. Bring to a boil & boil hard for 10 minutes. Reduce heat, cover & simmer for 1 hour or until the peas are tender. Add the tarragon & simmer for 5 minutes. Stir in the salt & pepper. Remove from the heat & let cool for a few minutes. Puree until smooth. Return to the pot to heat through. Check the seasonings & serve.

### **More Peas Please!**

Fresh peas are not available? You want to enjoy a starchier, hardier flavored legume? Dried peas are the perfect choice. They are available any time of the year. Choose from whole or split, the latter being appropriately called "split peas." While we generally associate dried peas with a deep green color, they are also available in a yellow color - which offers a more delicate flavor.

Dried peas, a small but nutritionally mighty member of the legume family, are a very good source of cholesterol-lowering fiber. Providing the special benefit in managing blood-sugar disorders since their high fiber content prevents blood sugar levels from rising rapidly after a meal. Dried peas also provide an excellent source of protein, manganese, folate, vitamin B1, potassium and phosphorus. . . . . all with virtually no fat.

Whole peas need to be rinsed then soaked in cold water for at least eight hours before cooking, while split peas do not need this extra preparation. To prepare peas, place the legumes in a saucepan using three cups of fresh water for each cup of peas. Bring to a boil and then reduce to a simmer and cover. Whole peas generally take about an hour to become tender, while split peas only take about 30 minutes.

Dried peas are most commonly used to make hearty winter soups; they can also be used in stews, side dishes and to make Dahl – the classic Indian dish. Whole dried peas can easily be sprouted; the sprouts are highly nutritious and taste just like fresh peas.

