

Pea Soup

Allergens – **Celery**

Ingredients

Quantity	Ingredient
600g	Split Peas (yellow or green)
600g	Carrots (chopped)
200g	Onions (chopped)
200g	Turnip (chopped)
350g	Potato (chopped)
50g	Vegetable Bouillon (Knorr and Major contain Celery)
4 ltr	Water
20g	Parsley (fresh)
	Black Pepper to taste

Method

1. Placed the water and bouillon in a thick bottomed pan and bring to the boil.
2. Add the washed peas and bring back up to a boil then skim.
3. Add the remaining vegetables.
4. Simmer until tender.
5. Blend the stock and vegetables.
6. Garnish with fresh chopped parsley.

Nutritional Content per 200g portion

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (mg)	Carbs (g)
= 130.5	= 1.4	= 0.4	= 2.9	= 0.7	= 23.5

Portion size - Primary – 200g

Reviewed October 2018