

Palouse Soup Mix

Makes 40 servings of Mix, 6 servings of Soup | Protein • Vegetables • Grains

Ingredients

For the Mix

- 2½ cups green or yellow split peas
- 2½ cups lentils
- 2½ cups pearl barley
- 2 cups whole-wheat macaroni or brown rice

For the Soup

- 1 medium onion, chopped
- 2 carrots, chopped
- 4 cups water or broth
- ½-1 teaspoon salt
- ½-1 teaspoon garlic powder
- 1 teaspoon dried basil

Directions

1. Wash hands with warm, soapy water.
2. Combine Mix ingredients in a large jar.

When ready to make soup:

1. Wash hands with warm, soapy water.
2. In a large pan, combine 1 cup of mix, onion, carrots, and water or broth.
3. Bring to a boil on high. Reduce heat to low. Cover pan
4. Simmer for 45-55 minutes or until peas, lentils, and pasta or rice are tender.





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Nutrition Facts	
4 servings per container	
Serving size	1 cup (338g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 35g	13%
Dietary Fiber 8g	28%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 2mg	15%
Potassium 385mg	8%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.