



Yellow Split Pea Stew

SERVINGS: 12

PREPPING TIME: 20 MIN

COOKING TIME: 30 - 45 MIN

FOOD BANK ITEM: YELLOW SPLIT PEAS



Ingredients

- 5 large purple onions
- 1 cup olive oil
- One 16 oz. bag yellow split peas
- 2 teaspoons turmeric
- fresh minced garlic, to taste
- Salt and pepper to taste

Directions

1. Pour peas into a large skillet and cover peas with 3" water. Bring to a boil.
 - a. Reduce heat to medium low and cook till tender, about 30-45 minutes.
2. Chop onions and place into in a food processor or blender to puree the onions.
3. Transfer the pureed onions only in a large skillet and cook on medium, until they are tender.
 - a. Onions will start turning brown (note: they will be dry).
4. Add the olive oil, turmeric and pinch of salt and pepper into the onion puree, stirring to combine.
5. Add the cooked split peas (water included) to the onion puree mixture
 - a. Reduce heat to a simmer and cook to a consistency like pea soup.
6. Stir in minced garlic and serve with injera, a tortilla or naan.

BONUS – Add in sautéed minced ham and spinach for additional flavor.

