



#220, 5904B - 50 Street, Leduc, Alberta T9E 6J4
Telephone: (780) 986-9398
Fax: (780) 980-2570
email: office@pulse.ab.ca website: www.pulse.ab.ca

For Immediate Release

October 30, 2008

Contact: Wendy Benson, RD, MPH

(403) 275-5330

wbenson@pulse.ab.ca

www.pulse.ab.ca

Star Ingredients for Fall Soups

Calgary, Alberta, Oct 30, 2008 Star ingredients for soups served around the world grow in abundance on the Canadian prairies. Dry peas, beans, lentils and chickpeas are the featured ingredients for soups from many cultures. We seem to have forgotten about these pulses but our grandparents and great-grandparents used them often. It might be minestrone soup from Italy, lentil soup from the Middle East or a pea soup from Sweden or France.

For Canadians, French Canadian pea soup is a familiar soup with dry peas as the star. Since 20% of Canadian dry peas are grown in Alberta, perhaps pea soup could be Alberta's provincial soup.

Try these two pea soup recipes from the Alberta Pulse Growers. One recipe is the familiar split pea soup made with ham. The other has a modern twist and suitable for vegetarians. These soups starring dry peas will brighten a cool, fall evening.

Yellow Split Pea Soup

A classic soup for a winter day.

1 ½ cups (375 mL) dry yellow split peas
3 cups (750 mL) water
2 ½ cups (625 mL) low sodium vegetable broth
1 tbsp (15 mL) canola oil
½ cup (125 mL) diced onions
½ cup (125 mL) grated carrots

1 cup (250 mL) cubed ham
1 cup (250 mL) milk
1/8 tsp (0.5 mL) nutmeg
1/8 tsp (0.5 mL) pepper
salt to taste



Cook yellow split peas in water for about 25 minutes or until tender. Drain and rinse. Purée split peas in blender or food processor, adding vegetable broth ½ cup at a time as needed to get puréed texture. In large stock pot, heat canola oil. Add onions and carrots and sauté until tender. Add ham and sauté until heated through. Add puréed peas to the stock pot, along with milk, any remaining vegetable broth, nutmeg, pepper and salt. Continue to heat until desired temperature is reached.

Yield: about 6 servings.

Nutrition Information (per 1 1/2 cup or 375 mL serving): 165 calories; 6 g fat; 2 g saturated fat; 15 g carbohydrate; 2 g fibre; 13 g protein; 941 mg sodium; 461 mg potassium; 39 mcg folate; 1 mg iron; 81 mg calcium

Curried Split Green Pea Soup

A hearty vegetarian soup perfect for cold weather.



1 tbsp (15 mL) canola oil

1 onion, diced

¼ tsp (1 mL) salt

½ tsp (2 mL) pepper

2 cloves garlic, minced

1 ½ cups (375 mL) dry split green peas

5 cups (1.25 L) low sodium vegetable broth

1 tbsp (15 mL) curry powder

Heat canola oil in large saucepan, over medium-low heat. Add onion, salt, pepper and garlic. Sauté ingredients until tender, approximately 2 minutes. Add split green peas, vegetable broth and curry powder. Bring to a boil. Then reduce heat, cover and simmer until peas are tender, about 45-50 minutes. Adjust seasoning. Purée in food processor or blender to desired consistency.

Yield: about 4 – 5 servings

Nutrition Information (per 1/5 of recipe): 267 calories; 8 g fat; 1 g saturated fat; 36 g carbohydrate; 4 g fibre; 17 g protein; 321 mg sodium; 757 mg potassium; 137 mcg folate; 3 mg iron; 59 mg calcium

For more pulse recipes, see www.pulse.ab.ca or www.pulsecanada.com

Alberta Pulse Growers represents 4500 growers of peas, beans, lentils and chickpeas. Pulse crops nourish the soil and give farmers a good choice for crop rotations.

-30-

To receive high resolution images and/or arrange an interview, contact Wendy Benson at wbenson@pulse.ab.ca or at 403) 275-5330.