

Recipe for: Split Pea and Pearl Barley Soup
From the Kitchen of: [Iowa Avenue](http://IowaAvenue.com)

- 1T. vegetable oil
- 1 onion, chopped
- 1 bay leaf
- 1 ½T. garlic powder
- 2C. dried split peas
- ½C. pearl barley
- 1 ½ tsp. salt
- 7 ½C. water
- 3 carrots, chopped
- 3 stalks celery, chopped
- 3 potatoes, diced
- ½ tsp. dried basil
- ½ tsp. dried thyme
- ½ tsp. ground black pepper

DIRECTIONS

1. In a large pot over medium high heat, sauté the oil, onion, bay leaf, and garlic for 5 minutes or until onions are translucent. Add the peas, barley, and water. Bring to a boil and reduce heat to low. Simmer for 1 hour, stirring occasionally.
2. Add the carrots, celery, potatoes, parsley, basil, thyme, salt, and ground black pepper. Simmer for another hour or until the peas and vegetables are tender.

Recipe courtesy of IowaAvenue.com

Recipe for: Quinoa and Cabbage Soup
From the Kitchen of: [Iowa Avenue](http://IowaAvenue.com)

INGREDIENTS

- 1 T. vegetable oil
- ¾C. quinoa
- 1 carrot, diced
- 1 stalk celery, diced
- ½C. onion, finely chopped
- ½ green bell pepper, chopped
- 2T. garlic powder
- 7 ½C. water
- 2 large tomatoes, finely chopped
- 1/4 head cabbage, chopped
- salt and pepper to taste

DIRECTIONS

1. Heat the vegetable oil in a large pot on medium-high heat. Stir in the quinoa, carrot, celery, onion, bell pepper, and garlic. Cook for a few minutes, until lightly browned, stirring frequently.
2. Pour in the water, tomatoes, and cabbage. Increase heat to high and bring to a boil. Reduce heat to medium and simmer until the quinoa and vegetables are tender, about 10 minutes. Season to taste with salt and pepper. Garnish with parsley before

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Recipe for: Lentil Soup
From the Kitchen of: [Iowa Avenue](http://IowaAvenue.com)

INGREDIENTS

- 1 onion, chopped
- 2T. canola oil
- 2 carrots, diced
- 2 stalks celery, chopped
- 1T. garlic powder
- 1 tsp. dried oregano
- 1 bay leaf
- 1 tsp. dried basil
- 1 (14.5 ounce) can crushed tomatoes
- 2C dry lentils
- 8 cups water
- Spinach, one frozen box
- salt and pepper to taste

DIRECTIONS

1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes.
2. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Season to taste with salt and pepper.

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