



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Palouse Soup Mix*

This soup mix is versatile, nutritious, and inexpensive. All the ingredients (except rice) are grown in the southeast corner of Washington State, called the Palouse.

- 2 ½ cups green split peas (one 16 ounce package)
- 2 ½ cups lentils (one 16 ounce package)
- 2 ½ cups pearl barley (one 16 ounce package)
- 2 cups whole-wheat macaroni (one half 16 ounce package) or 2 cups brown rice

Mix all ingredients together. Store in a jar with tight fitting lid. Stir before using. YIELD: 10 cups of MIX. 1 cup MIX makes 4 servings.

TO MAKE SOUP:

In a large pan, combine 1 cup MIX, 1 chopped onion, and 2 chopped carrots with 4 cups water. Add 1 cup cooked, chopped meat, if desired. For flavoring, add one or more of the following:

- ½ teaspoon salt
- ½ teaspoon garlic powder
- 1 teaspoon oregano or basil
- 2 tablespoons lemon juice or vinegar
- 1 tablespoon chili powder

Bring mixture to a boil. Reduce heat to low; cover pan. Simmer for 45 minutes or until peas and lentils are tender.

VARIATION:

Minestrone Soup: In large pan, combine 1 cup MIX with one 16 ounce can stewed tomatoes, 2 to 3 cups water, 1 chopped onion, 1 chopped carrot, 1 to 2 chopped potatoes, and 1 teaspoon oregano. For more flavor, add one or more of the following:

- ½ teaspoon salt
- 1 teaspoon basil
- 1 bouillon cube
- ½ teaspoon garlic powder

Bring to a boil. Reduce heat to low; cover pan. Simmer 45 minutes or until peas and lentils are tender.

*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to www.uwyo.edu/centsible for more information.



TV Show

Cent\$ible Nutrition Program University of Wyoming Family and Consumer Sciences

Dept 3354; 1000 E. University Ave.; Laramie, WY 82071

Visit us on the web: www.uwyo.edu/centsible

USDA and the University of Wyoming are equal opportunity providers and employers. This material was funded by USDA's SNAP-Ed.