

Playnormous Healthy Recipes

Green Monster Soup

Description: Split pea soup with a little extra kick!

Category: Dinner

Difficulty: Advanced

Prep Time: 15 minutes

Cook Time: 50 minutes

Ingredients:

- 1 cup carrots
- 1 cup zucchini
- 1 cup yellow squash
- ½ whole onion
- 2 garlic cloves
- 1 cup quinoa
- 1 ½ cups split peas (dried)
- 8 cup vegetable broth
- ¼ tsp cayenne pepper (to taste)

Directions:

1. Cut carrots, zucchini and squash into large pieces.
2. Dice onion and garlic cloves and sauté in oil until soft.
3. In a large pot, combine onions/garlic, carrots, zucchini, squash, split peas, ham bone, cayenne pepper and vegetable broth and bring to a boil.
4. Continue to simmer on medium low for about 45 minutes or until peas are soft.
5. Meanwhile, prepare quinoa according to package directions. Set aside.
6. Place a scoop of quinoa in each bowl and ladle soup over the top. Sprinkle a few pieces of quinoa on top of soup to create monster scales and serve!

Nutrition:

- This recipe makes 5 servings.
- Each serving counts as 2 veggies.

Safety:

- Ask a parent or guardian for help when using the stove. Keep your fingers curled under when using the knife to avoid cutting your fingers.

Source: Created by Recipalooza 2011 winner Allison L. “Lugaral” of Coventry, RI

