

## **Yellow Split Pea Tracking Soup**

A brilliant hearty, warming soup (dahl) for when you return home on a cold winter's day after being out in the open fields tracking your dog.

1 package of yellow split peas, soaked in cold water overnight, drained

1 can tomatoes, chopped

2 vegetable stock cubes

4 cloves garlic, chopped

Walnut size piece of ginger (gingerroot), chopped

2 tsp. honey

1 large onion, finely chopped

1-3 jalapeños, chopped fine (depending on amount of heat desired)

2 c. or bunch of cilantro (fresh coriander), roughly chopped

Method: Boil split peas in plenty of water until softened and water reduces to just cover them (about an hour). Add water as necessary to prevent burning. Sauté onions in a little oil until soft; add to split peas along with all other ingredients, except cilantro and continue to simmer adding a little water as necessary until peas turn mushy (about 30 minutes). Check heat and add chilli powder if desired. Finally, add cilantro and serve piping hot with French bread; can also be served over basmati rice. Serves approximately 8.