INGREDIENTS

- 1 pound green split peas, or 2 ½ cups
- 9 cups water or stock
- 1 onion, diced
- 1 cup carrots, sliced or diced
- 2 ribs celery, diced
- 2 cups kale, washed and cut up into bite sized pieces, stems removed
- 1 Tablespoon salt
- 1 teaspoon dried herbs (a mix of green herbs or thyme or parsley)

DIRECTIONS

1. To clean the peas, put them in a pot and cover with water, stir around and drain. Add the water or stock and bring to a boil. Skim off any foam on the top and throw away.

2. Add the onion, carrot, celery, and herbs and cover. Turn down head to medium and simmer approximately 40-50 minutes, until peas are soft.

3. Add the kale and salt for the last 3-4 minutes.

NOTES