

## **Split Pea with Spinach and Barley Soup** (serves 10-12)

1 pound dried split peas (1 bag), pre-soaked per bag instructions

2 cups cooked barley (1/2 bag), pre-soaked in boiled water per bag instructions

3 Tbsps extra-virgin olive oil, plus more for drizzling

2 large onions

4 carrots, peeled and chopped

4 celery stalks, chopped

10-12 cups low-sodium chicken broth or water, or combination

5 ounces baby spinach ... or more

Kosher salt and freshly ground pepper

OMIT IF FREEZING 1/2 cup full-fat plain yogurt (not Greek), whisked, for serving

Prepare peas and barley in advance per bag instructions.

Heat oil in large pot on medium. Add onions, carrots, and celery. Cook, stirring, until tender, 6-8 mins.

Add broth and peas. Bring to boil. Reduce to simmer and cook, partially covered, until peas are creamy, 45 mins.

Stir in spinach; cook until just wilted, about 5 mins. Let cool slightly.

Puree soup until smooth. Season with salt and pepper. (Add water if too thick, 1 Tbsp at a time.)

FOR HOME USE: Ladle into bowls, drizzle with yogurt and EVOO, top with barley.