

TALL SHIP WHALE ADVENTURES

TRADITIONAL SHIPS PEA SOUP

9 cups filtered water
2 cups split peas (check carefully for stones, rinse)
1 bay leaf
1+ tsp salt to taste

Boil, skim off froth, cook until peas start to break apart.
While boiling, peel and dice vegetables.

1 cup onions
2 potatoes (peeled)
1 1/4 cups carrots (peeled)
1 tsp thyme
1 tsp basil
1 tsp garlic powder
1 tablespoon olive oil
dash cayenne pepper
black pepper to taste



Continue cooking until vegetables are soft.

From Joanne's kitchen
Thank you for your donation to the Grand
Manan Whale and Seabird Research Station.

Tall Ship Whale Adventures
4 King Street, St. Andrews. N.B.
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Jollybreeze.com

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