

Original Full Measure

1/3 Cup small pasta shells

1/3 tsp thyme

1/4 cup red lentils

1/4 cup barley

2 Tbsp onion flakes

tsp dried basil

1/3 cup vegetable stock

1/4 cup green split peas

2 Tbsp parsley flakes

Serves: 10

In a large saucepan combine 8-10 cups of water, 2 cans of crushed tomatoes and this packet of soup mic. Add 2 chopped carrots, 2 chopped potatoes and personal choice of green vegetables (celery, broccoli etc.). Bring to boil, simmer for an hour or until peas are tender.

Half Measure

2 Tbsp + 2 tsp small pasta shells

1/6 tsp thyme

2 Tbsp red lentils

2 Tbsp cup barley

1 Tbsp onion flakes

1/2 tsp dried basil

2 Tbsp + 2 tsp vegetable stock

2 Tbsp green split peas

1 Tbsp parsley flakes

Serves: 5

In a large saucepan combine 4-5 cups of water, 1 can of crushed tomatoes and this packet of soup mic. Add a chopped carrot, a chopped potato and your choice of green vegetables (celery, broccoli etc.). Bring to boil, then simmer for an hour or until peas are tender.