GIVE PEAS A CHANCE! WITH SPLIT PEA, BEAN & BARLEY SOUP! BUDGET-FRIENDLY RECIPE OF THE MONTH

OUR 2026 THEME IS "SHELF-AWARENESS: THE JOY OF SIMPLE COOKING!" 2026 WILL HIGHLIGHT RECIPES FROM "THE BASIC SHELF COOKBOOK" FROM THE CANADIAN PUBLIC HEALTH ASSOCIATION (HTTPS://PUBLICATIONS.CPHA.CA/COLLECTIONS/PUBLICATIONS)

ALL THE RECIPES SHARED THIS YEAR CAN BE MADE FROM LOW COST NUTRITIOUS INGREDIENTS! MOST OF THE INGREDIENTS USED CAN BE KEPT IN YOUR CUPBOARD FOR A LONG TIME, WITHOUT NEEDING REFRIGERATION. YOU WILL ALSO NEED TO BUY A FEW FRESH FOODS FOR MOST OF THE RECIPES SHARED.

SPLIT PEA, BEAN &BARLEY SOUP!



INGREDIENTS:

- 1 TBSP VEGETABLE OIL
- 1 ONION, CHOPPED
- ½ CUP DRAINED GREEN SPLIT PEAS
- ¼ CUP DRAINED LIMA BEANS
- ¼ CUP BARLEY
- 5 CUPS WATER OR CHICKEN STOCK
- 1 BAY LEAF
- 1 TSP CELERY SEEDS
- 1 POTATO, DICED
- 1 CARROT, CHOPPED
- 1 CELERY STALK, INCLUDING LEAVES, CHOPPED
- 1 TSP DRIED BASIL
- ½ TSP DRIED THYME
- SALT AND PEPPER TO TASTE

*YOU CAN SUBSTITUTE LIMA BEANS FOR MORE SPLIT PEAS IF YOU DON'T HAVE LIMA BEANS ON HAND

HERE`S HOW TO MAKE IT:

1. IN A LARGE POT, HEAT OIL OVER MEDIUM HEAT. ADD ONIONS AND COOK, STIRRING UNTIL TENDER.
2. RINSE SPLIT PEAS AND LIMA BEANS. THROW AWAY AND SHRIVELED OR DISCOLOURED ONES. ADD THE SPLIT PEAS AND LIMA BEANS TO THE POT. ADD THE BARLEY, WATER OR CHICKEN STOCK, BAY LEAF AND CELERY SEEDS.
3. BRING TO A BOIL. REDUCE HEAT AND SIMMER, COVERED FOR 1½ HOURS.
4. ADD POTATO, CARROT, CELERY, BASIL, THYME, SALT AND PEPPER. SIMMER FOR 30 MINUTES OR UNTIL VEGETABLES ARE TENDER.
5. REMOVE BAY LEAF. IF THE SOUP IS TOO THICK, ADD WATER.

SERVES 6 -(EACH SERVING IS1 CUP)



ARE YOU HUNGRY FOR MORE?

TO ACCESS 10 FREE RECIPES FROM THE COOKBOOK, VISIT CANADIAN PUBLIC HEALTH ASSOCIATION COVID-19 AND THE BASIC SHELF COOKBOOK WEBSITE (HTTPS://WWW.CPHA.CA/COVID-19-AND-BASIC-SHELF-COOKBOOK)



LENTIL GOOD TIMES ROLL!

LENTIL SOUP

WARM UP WITH THIS EASY AND DELICIOUS SOUP!
(ANOTHER RECIPE FROM THE BASIC SHELF COOKBOOK)

INGREDIENTS:

- 2 CUPS CHICKEN OR VEGETABLE STOCK
- 1 CUP WATER
- 1 ONION, DICED
- 1 SWEET POTATO, PEELED AND DICED
- 2 CARROTS, DICED
- 2 CELERY STALKS, DICED
- 1 CAN (19 OZ/540ML) LENTILS, DRAINED AND RINSED
- ½ TSP CUMIN

1. PUT ALL THE INGREDIENTS INTO A MEDIUM POT. BRING TO A BOIL.
2. COVER AND SIMMER FOR 20 MINUTES OR UNTIL THE ONIONS ARE SOFT.
3. PUREE WITH A HANDHELD BLENDER OR MASH WITH A POTATO MASHER.

SERVES 6 (EACH SERVING IS 1 CUP)



A-HEART-Y FEBRUARY

FEBRUARY IS HEART HEALTH MONTH!

GET READY TO JAZZ UP YOUR MEALS WITH THESE HEART-HEALTHY FOODS THAT CAN WORK WONDERS FOR YOUR CHOLESTEROL LEVELS:

- **OLIVE OR CANOLA OIL**: THESE OILS ARE LIKE THE SUPERHEROES OF THE KITCHEN, SWOOPING IN WITH THEIR MONOUNSATURATED FATS TO KNOCK OUT LDL (BAD) CHOLESTEROL AND GIVE A HIGH-FIVE TO HDL (GOOD) CHOLESTEROL.

- **LENTILS**: THIS PLANT-POWERED PROTEIN IS LIKE A NUTRITIONAL TREASURE CHEST—BURSTING WITH PROTEIN, LOW IN SATURATED FAT, AND PACKED WITH IRON, POTASSIUM, FOLATE, AND MANGANESE. DID YOU KNOW THAT JUST ½ CUP OF COOKED GREEN LENTILS PROVIDES A WHOPPING 32% OF YOUR DAILY FIBER NEEDS? FIBER IS A SECRET WEAPON AGAINST LDL (BAD) CHOLESTEROL! FOR MORE ON THE BENEFITS OF LENTILS, CHECK OUT LENTILS.ORG. (HTTPS://WWW.LENTILS.ORG/)

- **BARLEY**: THIS DELIGHTFUL GRAIN IS LOADED WITH SOLUBLE FIBER, MAKING IT A FANTASTIC ALLY IN THE BATTLE AGAINST CHOLESTEROL. DIVE INTO UNLOCKFOOD.CA FOR FUN AND CREATIVE WAYS TO ENJOY BARLEY, LEARN ABOUT ITS DIFFERENT VARIETIES, AND BECOME A STORAGE PRO!

(HTTPS://WWW.UNLOCKFOOD.CA/EN/ARTICLES/COOKING-AND-FOOD/GRAIN-PRODUCTS/ALL-ABOUT-BARLEY.ASPX)

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