



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Split Pea Green Pozole

This zesty, Mexican-inspired soup is bright and bold in flavor and features split green peas as an excellent source of plant-based protein.



INGREDIENTS

SOUP

- 1 tbsp olive oil
- 2 cups quartered mushrooms
- 2 cups cooked dried green peas (follow package instructions)
- ½ cup chopped onion
- 2 mashed and minced garlic cloves
- ½ cup chopped poblano pepper
- 1 cup chopped cilantro, divided in half
- ½ cup chopped parsnips
- 2 cups halved baby potatoes
- ¾ cup salsa, Herdez Salsa Verde
- 2 tsp kosher salt
- 1 can rinsed and drained hominy
- 6 cups warm water

OPTIONAL TOPPINGS

- 1 bunch chopped cilantro
- 1 cup sliced radishes
- 1 cubed avocado
- Cooked white rice
- Sour cream, or crema fresca
- Cotija cheese

INSTRUCTIONS

1. In a pressure cooker or Dutch oven, sauté the mushrooms in 1 tbsp of olive oil for about 2 minutes.
2. Add onion, garlic, poblanos, half of the cilantro, parsnips, potatoes, hominy and stir to blend. Season with salt.
3. Add salsa and cooked whole dried peas; stir. Allow to cook for about two minutes.
4. Add water. Taste water and if needed add more salt.
5. If using the pressure cooker, time for 15 minutes on High Pressure. If using a Dutch oven, cover and cook for 45 minutes at a medium-low temperature.
6. When the soup is done, take a masher and mash the potatoes. Add the remaining chopped cilantro. Serve in bowls and allow guests to top with garnishes.

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