



## **SPLIT PEA SOUP WITH CUMIN**

Submitted by Fr. Panayiotis Papageorgiou

### **Ingredients:**

½ pound of dried split peas  
4-5 cups of water  
1 medium onion, chopped  
1 ½ teaspoon cumin  
1 teaspoon salt

### **Directions:**

Pour the peas in a bowl, take out any damaged ones, and then rinse with water. In a large saucepan, sauté the chopped onion until transparent. Add the cumin and heat with the onions for 1 minute or so.

Add the water and the peas to the onions and cumin. Bring to a boil and let simmer, stirring often, until the peas are creamy, for about 1 hour. More water may need to be added to prevent burning. When done, stir in the salt. Serve hot.

*“Fasting reveals my True Need. When I refuse my temporary desires to focus on my spiritual growth, I teach my own soul what is the top priority in my life. It is the Wisdom of the Orthodox faith to call me to a time of reflection on my ultimate need from an eternal perspective. In the busyness of our lives we have so many “things” competing for our attention and energy. If we do not purposefully stop and evaluate our spiritual condition, we will let slip that which is most important in our lives.”*

*Orthodox Gleanings*