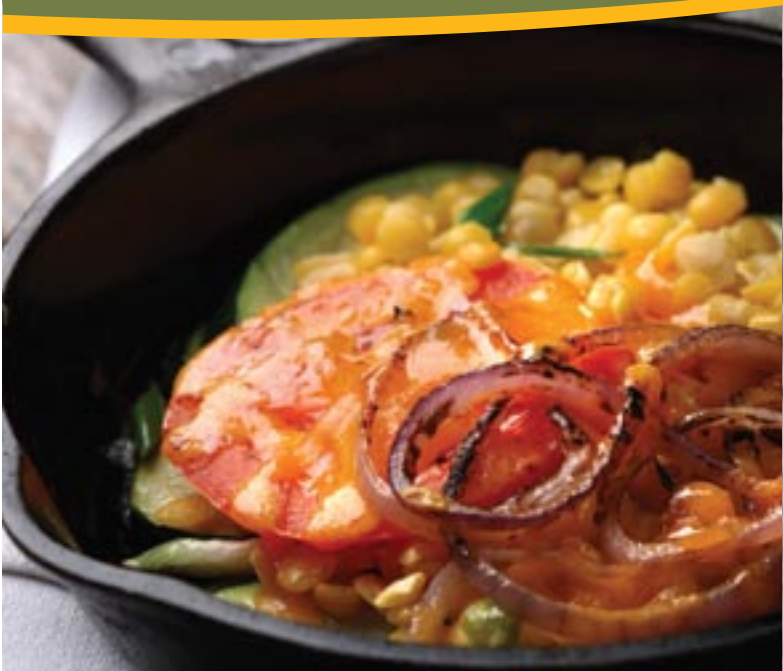
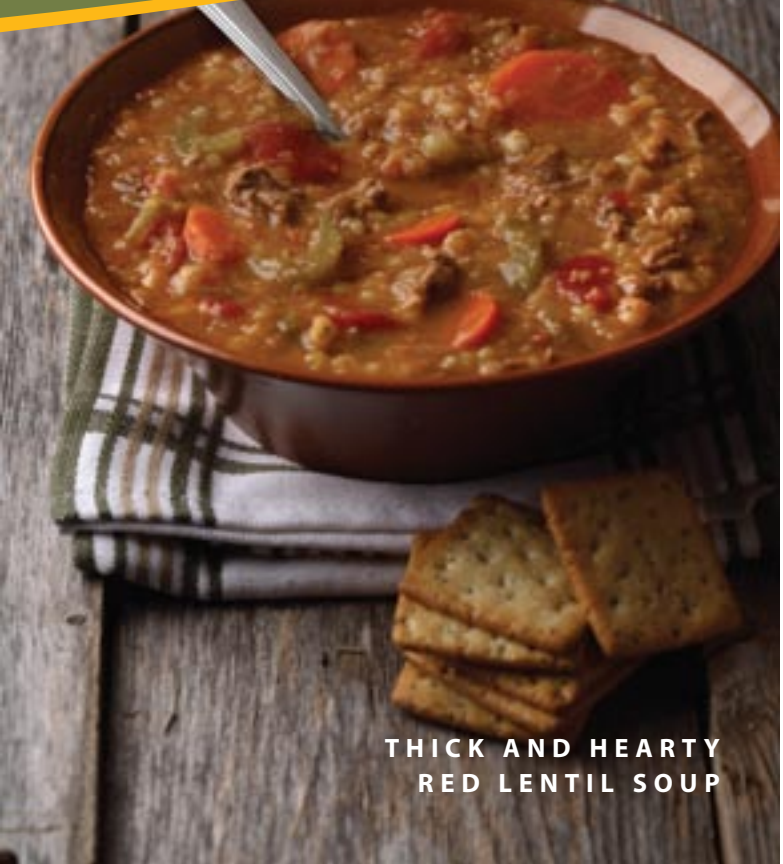


Pulse Soups & Main Dishes



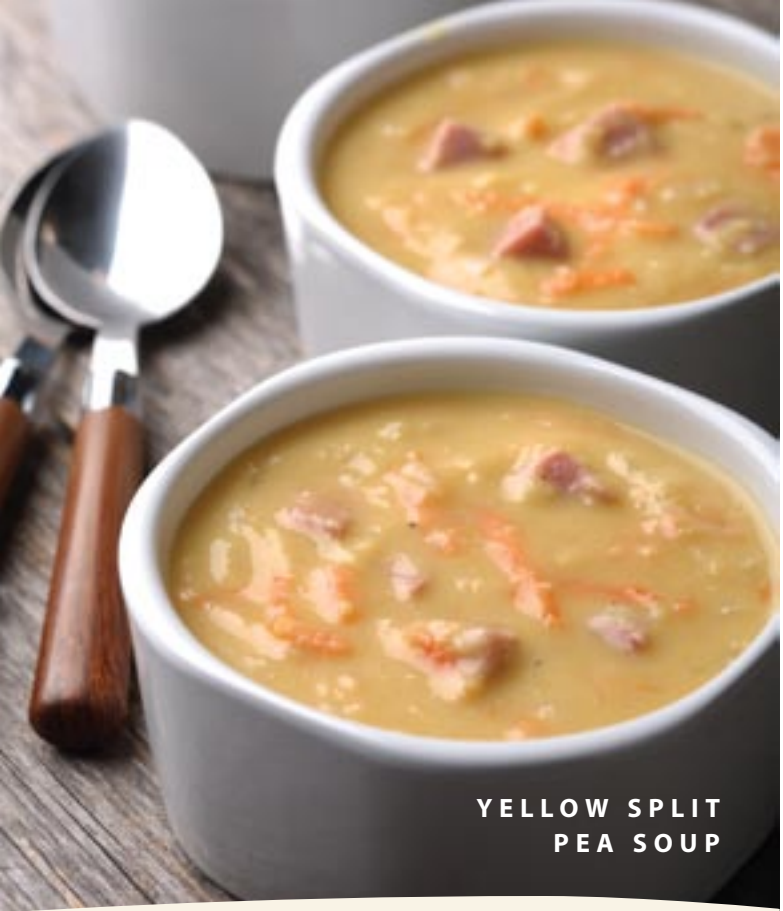
ZUCCHINI AND YELLOW
SPLIT PEA SAUTÉ



THICK AND HEARTY
RED LENTIL SOUP



REFRIED PINTO
BEANS



YELLOW SPLIT
PEA SOUP

Pulse Soups & Main Dishes

pulse recipes

THICK AND HEARTY RED LENTIL SOUP

Serve this soup with chopped fresh veggies and whole wheat bread for a complete meal.

2 cups (500 mL) dry red lentils	1 lb (0.5 kg) ground beef
1/3 cup (75 mL) pot barley	1 - 28 fl oz (796 mL) can
10 cups (2.5 L) low sodium beef broth	tomatoes
1 large onion, diced	1/2 tsp (2 mL) salt
2 large carrots, diced	1/4 tsp (1 mL) pepper
2 celery stalks, diced	Dash cayenne pepper
2 garlic cloves, minced	1 bay leaf

Combine lentils, barley and beef broth in large stock pot or Dutch oven. Bring mixture to a boil, then reduce heat and simmer ingredients for 30 minutes. Dice vegetables while lentils and barley are simmering. Place ground beef into large frying pan and place over medium heat. Cook until juices run clear. Add beef and vegetables, along with remaining ingredients, to the stock pot. Break up tomatoes with wooden spoon. Bring mixture to a boil and simmer, stirring occasionally, for 20 to 30 minutes, or until vegetables are tender and soup has thickened.

Yield: about 8 to 10 servings

Nutritional Information (per 2 cup or 500 mL serving): 416 calories; 9 g fat; 3 g saturated fat; 51 g carbohydrate; 9 g fibre; 37 g protein; 1092 mg sodium; 1284 mg potassium; 147 mcg folate; 8 mg iron; 114 mg calcium.

For more information and recipes, visit www.pulsecanada.com

Photo courtesy of Alberta Pulse Growers.

ZUCCHINI AND YELLOW SPLIT PEA SAUTÉ

Serve with whole wheat bread or pita bread and a green salad for a complete meal.

1 cup (250 mL) dry yellow split peas	1 cup (250 mL) grated medium Cheddar cheese, divided
3 cups (750 mL) water	1 red onion, sliced into rings and separated
1 tbsp (15 mL) canola oil	Dash garlic powder
2 green onions, chopped	Dash soy sauce
2 medium zucchini, sliced	Dash pepper
2 tomatoes, sliced	

Cook yellow split peas in water for about 25 minutes or until tender. Drain and rinse. Heat canola oil in a large skillet over medium-low heat. Sauté green onions and zucchini slices until slightly tender, about 5 minutes. Add cooked yellow split peas. Stir gently. Layer tomato slices over top and sprinkle with 2/3 cup shredded cheese. Layer onion rings over mixture and add remaining cheese. Sprinkle garlic powder, soy sauce and pepper over top. Reduce heat to low, place lid on the pan and heat ingredients for about 5 minutes. Serve immediately.

Yield: about 8 servings.

Nutritional Information (per 1/8 of recipe): 144 calories; 5 g fat; 2 g saturated fat; 17 g carbohydrate; 3 g fibre; 10 g protein; 184 mg sodium; 454 mg potassium; 63 mcg folate; 1 mg iron; 162 mg calcium.

For more information and recipes, visit www.pulsecanada.com

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YELLOW SPLIT PEA SOUP

A classic soup for a winter day.

1 1/2 cups (375 mL) dry yellow split peas	1/2 cup (125 mL) diced onions
3 cups (750 mL) water	1/2 cup (125 mL) grated carrots
2 1/2 cups (625 mL) low sodium vegetable broth	1 cup (250 mL) cubed ham
1 tsp (15 mL) canola oil	1 cup (250 mL) milk
	1/8 tsp (0.5 mL) nutmeg
	1/8 tsp (0.5 mL) pepper
	salt to taste

Cook yellow split peas in water for about 25 minutes or until tender. Drain and rinse. Purée split peas in blender or food processor, adding vegetable broth 1/2 cup at a time as needed to get puréed texture. In large stock pot, heat canola oil. Add onions and carrots and sauté until tender. Add ham and sauté until heated through. Add puréed peas to the stock pot, along with milk, any remaining vegetable broth, nutmeg, pepper and salt. Continue to heat until desired temperature is reached.

Yield: about 6 servings.

Nutritional Information (per 1 1/2 cup or 375 mL serving): 165 calories; 6 g fat; 2 g saturated fat; 15 g carbohydrate; 2 g fibre; 13 g protein; 941 mg sodium; 461 mg potassium; 39 mcg folate; 1 mg iron; 81 mg calcium.

For more information and recipes, visit www.pulsecanada.com

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REFRIED PINTO BEANS

Look for pinto beans in the bulk food section of your grocery store. This can be the main filling for a corn or whole wheat tortilla. It may also be spread over the tortilla and topped with tomato, shredded lettuce and grated cheese.

1 tbsp (15 mL) canola oil	2/3 cup (150 mL) low sodium chicken broth, plus more if needed
1 small onion, diced	Salt and pepper to taste
2 cloves garlic, minced	2 tbsp (30 mL) chopped fresh cilantro
1 tsp (5 mL) chili powder	
1-14 fl oz (398 mL) can pinto beans , rinsed and drained	

Heat canola oil in large saucepan over medium - low heat. Add onion and cook until tender, about 3 minutes. Stir in garlic and chili powder and cook 1 minute longer. Stir in beans and chicken broth and cook until beans are warmed through, about 5 minutes. Mash beans with a potato masher or the back of the wooden spoon, adding more broth if needed. Season mixture with salt and pepper. Stir in cilantro.

Yield: about 2 cups or 500 mL refried beans.

Nutritional Information (per 1/2 cup or 125 mL serving): 154 calories; 4g fat; 0 g saturated fat; 28 g carbohydrate; 7 g fibre; 8 g protein; 315 mg sodium; 427 mg potassium; 127 mcg folate; 2 mg iron; 49 mg calcium.

For more information and recipes, visit www.pulsecanada.com

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Pulse Canada 

1212-220 Portage Avenue
Winnipeg, Manitoba,
Canada R3C 0A5
Phone: (204) 925-4455
office@pulsecanada.com

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CHICKPEAS

BEANS

PEAS

LENTILS