

SPLIT PEAS

tasty, filling, protein

How to Cook Dry Split Peas

TIP: ½ cup dry = 1 cup cooked



1. Rinse split peas with water—no need to soak!
2. Combine split peas and water, bring to a boil.
💧 *For every cup of split peas, use 2 cups of water.*
3. Simmer for 35-40 minutes.

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