

Anna's Pea & Veggie Soup with Coconut –
Lenten or not...

Submitted by Anna Leros

1 packet dried Split Peas

Broccoli, Zucchini, Carrots – Julienne cut (you can buy a packet already cut shredded at Kroger's)

1 teaspoon sea salt

½ small Onion chopped finely or handful of dry onions (found at spices rack in grocery store)

Olive Oil

Goya Coconut block – International Farmers Mrkt

In a large pot, sauté onions with a bit of olive oil. Add water.

Yummy!!

“With sincerity let us persevere in prayer and intercession; let us still the passions of our soul; let us subdue the rebellious instincts of the flesh. With light step, let us set out upon the path to Heaven, where the choirs of angels with never-silent voice sing the praises of the undivided Trinity.”

Tone 6, Sunday of Forgiveness