**Sunday, Old Fashioned Split Pea Soup**

**Produce**

garlic (if needed)

1 large yellow onion

1 head red or green leaf lettuce

1 bunch curly parsley

fresh basil leaves

1 cucumber

1 red bell pepper

celery (if needed)

2 carrots

1 pint cherry tomatoes

**Canned/Dried Foods**

12 oz. dried split peas

two 32 oz. boxes low sodium vegetable broth

bay leaf (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

plain, nonfat yogurt

smoky tempeh

**Additional Items**

1 loaf hearty artisan bread or artisan rolls *(1 roll per diner)*