

PeaSoup

Ingredients:

- 1 lb. Old Wisconsin Snack Sticks (2 packages, 8 oz. each), thinly sliced
- 2 Tbsp. olive oil
- 1½ cups peeled and diced potato
- ¼ cup diced green pepper
- ¼ cup diced carrots
- ¼ cup diced celery
- ½ cup diced onion
- 2 Tbsp. tomato paste
- 1½ tsp. dried oregano
- 1½ tsp. garlic powder
- 1 tsp. smoked paprika
- 2 cups water
- 1 Tbsp. vegetable base
- 2 packages frozen peas (20 oz. each)
- Salt & pepper to taste



Directions:

- Sauté potato, green pepper, carrots, celery and onion in olive oil until onions and celery are translucent. Add tomato paste, oregano, garlic powder and smoked paprika to sautéed vegetables and mix well.
- Add water, vegetable base and frozen peas to pot; bring to simmer.
- In a blender, slowly and very carefully puree half of the hot soup one cup at a time and return pureed soup to pot. Add Old Wisconsin Snack Sticks to pot and simmer for 5-10 minutes.
- Season to taste and serve.

Note: Try a variety of Old Wisconsin Summer Sausage, Bratwurst, Snack Sticks or Snack Bites to enhance this recipe. Substitute a bag of your favorite frozen vegetables instead of the green pepper, carrot, celery and onion to speed up prep time.

Nutritional Facts:

Per serving (daily value): Calories 160.36kcal; Protein 7.967g (16%); Total Fat 6.009g (9%)(Sat. 0.081g (0%), Mono. 0.037g, Poly. 0.188g); Chol. 14mg (5%); Carb. 18.219g (6%); Fiber 5.053g (20%); Sugars 5.888g; Potassium 386.224mg (11%); Sodium 509.565mg (21%); Trans fat 0g

- Prep Time:** 30 minutes
Total Time: 60 minutes
Difficulty: Intermediate
Makes: 8 servings of 8 oz.
Cost: \$1.12 per serving