



Gail's Recipe of the Month Curried Split Pea Soup

A vegan soup that will warm you up during cold winter weather

- 1 tablespoon virgin olive oil
- 2 cloves minced organic garlic
- 1 organic onion – chopped into ¼ inch pieces
- 2 tablespoons fresh minced organic ginger
- 2 teaspoons curry powder
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ¼ teaspoon ground cardamom
- Pinch of cinnamon
- 2 teaspoons sea salt
- 4 cups water
- 4 cups vegetable broth
- 1 cup split peas
- 1 grated organic carrot
- Fresh organic cilantro for garnish

In a pot, sauté onions in olive oil over medium heat for 5 mins. Add garlic, ginger, spices and salt. Saute for 2 mins more. Add water and stir. Add split peas and carrots. Cover and bring to a boil. Reduce heat and simmer for 1 hour, until the peas are tender. Garnish with cilantro.

Always use organic ingredients whenever possible!



Gail Etzler serves on the board of directors for the Prostate Awareness Foundation, and has been founder and executive director Ken Malik's partner for nearly twenty years- almost from the beginning of his prostate cancer journey. A breast cancer survivor herself, Gail has experimented over time and has learned how to cook tasty and nutritious prostate and breast cancer friendly vegan dishes. Some recipes contain seafood, a great source of Omega 3 fatty acids. All of her recipes are free of dairy products and low in fat.

Gail's recipes are posted on her Sustainable Prostate Menu Blog on the PAF website: www.prostateawarenessfoundation.org