

Split Pea Soup

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Serving size: 8 ounces

Ingredients	Quantity	Measure
Canola oil	¼	cup
Onions, yellow or white, small dice	2	cups
Carrots, small dice	2	cups
Garlic, fresh, minced	1	Tbsp.
Split peas, dried	2	cups
Water	1	quart
Non-dairy milk	½	cup
Salt	2	tsp.
Black pepper	2	tsp.

Preparation

1. In a large pot, heat the oil over medium heat and sweat onions, carrots, and garlic.
2. Add the split peas and cover with the water. Bring to a boil and cook until done, about an hour to an hour and a half.
3. Drain and reserve liquid.
4. Put peas in blender and add reserved liquid as needed for soup consistency.
5. Finish with non-dairy milk.
6. Adjust the seasoning with salt and black pepper.

Serving Information

8 ounce serving garnished with 1 ounce of fresh homemade croutons.

Nutrition Information

 *From USDA Nutrient Database

Calories: 275 Total Fat: 7.8g Saturated Fat: 5.7g Monounsaturated Fat: 1g Polyunsaturated Fat: .6g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 38g Fiber: 14.4g Total Sugar: 7.6g Protein: 13.4g Sodium: 620mg Vitamin A: 271µg Vitamin C: 7.3mg Calcium: 72mg Iron: 2.5mg Folate: 154µg