

Split Pea Soup - Plantricious

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Serving size: 8 ounces

Ingredients	Quantity	Measure
Vegetable Broth, divided		1 quart + ¼ cup
Onions, yellow or white, small dice	2	cups
Carrots, small dice	2	cups
Garlic, fresh, minced	1	tablespoon
Split peas, dried	2	cups
Non-dairy milk	½	cup
Salt	2	teaspoons
Black pepper	2	teaspoons

Preparation

1. In a large pot, heat 2 Tablespoons of the vegetable broth over medium heat and sweat onions, carrots, and garlic (use the remaining 2 Tablespoons as needed to avoid browning the vegetables)
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: 218 Total Fat: 1g Saturated Fat: .2g Monounsaturated Fat: .2g Polyunsaturated Fat: .5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 39g Fiber: 14.4g Total Sugar: 8.6g Protein: 13.4g Sodium: 678.9mg Vitamin A: 271µg Vitamin C: 8.6mg Calcium: 72mg Iron: 2.5mg Folate: 154µg



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