



Split Pea Soup

Prep time: 15 min

Cook time: 60-75 min

Serves 4

INGREDIENTS

- 1/2 small onion, chopped
- 2 whole celery sticks, thinly sliced
- 4 whole carrots, thinly sliced
- 1 cup dry split peas
- 2 Tbsp olive oil
- 4 cups low sodium vegetable broth
- 3 cups water

Optional add-ins:

- Salt and pepper to taste
- Ham bone

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Add olive oil to a large pot and heat over medium heat.
2. Add onion, carrots and celery. Sauté, stirring often, for 15 minutes, or until vegetables begin to brown and soften.
3. Add broth, water and split peas. Add ham bone if using. Cover pot and bring to a boil. Once it boils, reduce heat to low and adjust the lid so the soup is only half way covered.
4. Simmer for 60 minutes or until peas are soft. Remove ham bone, if using. Once peas are soft, use a masher to mash half of the peas and vegetables. Add salt and pepper to taste if desired.
5. Stir, remove from heat and serve warm.

Split peas are dried peas that need to be cooked before eating. They are often used in soups and stews. They are high in protein and fiber. You may find green or yellow split peas.