

Split Pea Soup



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Serves: 7
Prep: 15 minutes | **Cook:** 90 minutes

INGREDIENTS

- 6 cups water
- 2 cups dried split peas, rinsed
- 1 medium onion, diced
- 2 medium carrots, diced
- 3 garlic cloves, minced*
- 1 teaspoon salt
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- 1/4 teaspoon cumin
- 1 teaspoon smoked paprika (optional)
- Additional salt and pepper to taste

DIRECTIONS

1. Combine all ingredients in a large saucepan. Bring to a boil.
2. Reduce heat, cover and simmer until peas are soft, about 1 hour. Stir occasionally.
3. Taste and add salt and pepper as desired. Simmer 10 minutes longer. Serve.

*Substitutions

3 cloves garlic —> 2 tsp. garlic powder



Nutrition Information	
Serving Size: 1 cup	
Calories	209
Total fat	1 g
Saturated Fat	0.1 g
Cholesterol	0 mg
Sodium	361 mg
Carbohydrates	38 g
Fiber	15 g
Sugars	6 g
Protein	14 g

Recipe source: Taste of Home