Split Pea Soup

Recipe source: Taste of Home

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.

*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

*Substitutions
3 cloves garlic → 2 tsp. garlic powder

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