

# SPLIT PEA SOUP

**SERVINGS: 4**  
**PREP TIME: 15 min**  
**COOK TIME: 60-75 min**  
TAKE-HOME RECIPE

## 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 & pepper to taste*
- *Uncured ham w bone*
- *Other veggies*

## DIRECTIONS

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



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