

Vegetarian Split Pea Soup

Source: www.101cookbooks.com

| | | |
|-------------|-------------|--------------|
| Prep | Cook | Total |
| 5 min | 25 min | 30 min |

Yield: 6

Serving: 6

A delicious, simple vegetarian split pea soup made from an impossibly short list of ingredients.

Ingredients

- 1 tablespoon **extra virgin olive oil**
- 2 large **onions** *chopped*
- 1 teaspoon **fine-grain sea salt**
- 2 cups **dried split green peas** *picked over and rinsed*
- 5 cups **water** *plus more to finish*
- 1 **lemon juice of** - (*reserve the zest*)
- smoked paprika &/or**

Directions

Add olive oil to a big pot over med-high heat. Stir in onions and salt and cook until the onions soften, just a minute or two. Add the split peas and water. Bring to a boil, dial down the heat, and simmer for 20 minutes, or until the peas are cooked through (but still a touch al dente).

Using a large cup or mug ladle half of the soup into a bowl and set aside. Using a hand blender (or regular blender) puree the soup that is still remaining in the pot. Stir the reserved (still chunky) soup back into the puree - you should have a soup that is nicely textured. If you need to thin the soup out with more water (or stock) do so a bit at a time - there are times I need to add up to 3 1/2 cups extra.

Stir in the lemon juice and taste. If the soup needs more salt (likely), add more a bit at a time until the flavor of the soup really pops.

To finish: a few pinches of - olive oil, toasted almonds, and/or, scallions

Nutritional Information

Amount Per Serving (6 Servings)

Calories: 259 **Protein:** 16 g **Sugar:** 6 g **Carbohydrate:** 43 g **Fat:** 3 g **Sodium:** 409 mg **Fiber:** 17 g

