

## Split Pea Soup



### Makes:

8 servings

### Utensil:

Saladmaster Food Processor  
7 Qt./6.6 L Roaster with Cover  
Blender

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2

cups

split peas

(394

g)

8

cups

water

(2

L)

1

leek, white part only, strung, use Cone #2

1

medium sweet Spanish onion, strung, use Cone #2

3

ribs celery, strung, use Cone #2

2

medium potatoes, processed, use Cone #3

1

bay leaf, halved

<sup>1</sup>?<sub>2</sub>

pound

smoked turkey in chunks, or 1 ham bone

(227

g)

<sup>1</sup>?<sub>4</sub>

cup  
minced fresh parsley  
(15  
g)  
teaspoon  
salt (optional)  
(2.5  
mL)  
dash of freshly ground pepper  
dash of freshly squeezed lemon juice

**Directions:**

1. In roaster, over medium heat, combine split peas and water. Cover and cook until Vapo-Valve? clicks. Reduce heat to low and cook 45 minutes.
2. Stir in bay leaf, leeks, onions, celery, potatoes, and smoked turkey. Increase heat to medium. Cover and cook until Vapo-Valve? clicks. Stir, reduce heat to low and cook 30 minutes.
3. Remove bay leaf and smoked turkey, reserving turkey. Stir in parsley, salt and pepper.
4. In blender, process soup until smooth. Return to roaster to keep warm.
5. Stir in reserved turkey. Flavor with lemon juice before serving.

Nutritional Information per Serving

**Calories:**

230

**Total Fat:**

2g

**Saturated Fat:**

1g

**Cholesterol:**

11mg

**Sodium:**

429mg

**Total Carbs:**

37g

**Dietary Fiber:**

8g

**Sugar:**

7g

**Protein:**

19g