

Split Pea Soup



Makes:

8 servings

Utensil:

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

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Recipe:

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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 37g
Carbs:
Dietary Fiber: 8g
Sugar: 7g
Protein: 19g