

Split Pea Soup



Prep:

15 minutes

Total:

60 minutes

Makes:

8 full servings

Utensil:

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

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Contributed By:

Marni Wasserman

Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious.

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Recipe Description:

Peas are creamy, rich in protein and give soup a hearty texture. Whether green or yellow, they are both delicious but offer two distinct and different flavours. Try adding a handful of greens such as spinach or kale into the soup once cooked for an extra dose of minerals and nutrients!

6

cups
water
(1.4
L)

2¹?₂
cups
green or yellow split peas
(493
g)
1
large
onion, strung, use Cone #2
3
medium carrots, peeled and julienned, use Cone #2; or waffled,
use Cone #5
1
head
cauliflower, cut into florets
2
stalks celery, strung, use Cone #2; or sliced use Cone #4
¹?₂
teaspoon
dried rosemary
(1
g)
¹?₂
teaspoon
dried thyme
(1
g)
¹?₂
teaspoon
dried oregano
(1
g)
¹?₂ - 1
teaspoon
salt, to taste
(3 - 6
g)

Directions:

1. In roaster, add water and bring to a boil over medium heat. Add the split peas, onions, carrots, cauliflower, celery and herbs. Cover and cook.
2. When Vapo-Valve? clicks, reduce heat to low and simmer until the peas and vegetables are tender, about an hour.
3. If you prefer a creamy soup, transfer half the mixture to a blender and blend until smooth. Return it to the roaster and mix well to combine.
4. Season to taste with salt and serve immediately.

— Nutritional Information per Serving —

Calories:

274

Total Fat:

1g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

386mg

Total Carbs:

51g

Dietary Fiber:

22g

Sugar:

11g

Protein:

19g