



MEDITERRANEAN SPLIT PEA SOUP

Check out this healthy and nourishing soup that is sure to warm you up on a cold day. This recipe is filled with vegetables, fiber, and protein!

Yield: 8 cups

Serving Size: 1 cup

Ingredients:

- 1 ½ cups **green split peas**, sorted, and rinsed
- 4 cups **water**
- 3 tbsp **olive oil**
- 1 large **onion**, chopped
- 2 medium **carrots**, chopped
- 4 **garlic** cloves, finely chopped
- 6 cups **vegetable broth**
- 1/2 cup chopped **tomatoes**
- 1 tbsp **dried rosemary**, optional
- 1 teaspoon **dried oregano**
- 1 teaspoon **paprika**
- 1 teaspoon **salt**
- ½ teaspoon **black pepper**
- 2 teaspoons **Dijon mustard**
- ¼ cup chopped **fresh parsley**
- Squeeze of **lemon** to serve

Instructions:

1. Rinse off split peas and add to a pot with 1 quart of *unsalted water* bring to a boil; simmer for 30 minutes.
2. In a separate soup pot, sauté onion in olive oil for 10 minutes over medium heat, the onion will get brown edges and start to caramelize.
3. Add the carrots and sauté for an additional 4 minutes. Then add garlic and cook 1 minute more.
4. Add veggie broth, tomatoes, rosemary, oregano, paprika, sea salt, black pepper, and Dijon mustard.
5. Drain split peas and add into the pot.
6. Simmer gently over medium-low heat, 30 minutes, with a lid-vented, stirring occasionally. Cook until peas are soft and broken down.
7. Add in fresh parsley just before serving and a squeeze of lemon. Adjust to taste with salt and pepper.

Chef's Note: Serve with crusty bread or crackers.

Per Serving: Calories 206 kcal, Carbohydrates 30.6g, Protein 9.5g, Saturated Fat 0.9g, Sodium 759.4mg, Fiber 10.8g, Sugars 6.3g

This recipe was adapted from Mediterranean Split Pea Soup from Feastingathome.com

