

Recipes (<http://nutritionstudies.org/recipes/>) » **Soups** (<http://nutritionstudies.org/recipes/soup/>) » Best Split Pea Soup

INGREDIENTS

- 1 pound split peas, sorted and rinsed
- 2 quarts vegetable broth
- 1 quart water (2 cups less if using a slow cooker)
- 1 large Vidalia onion, minced
- 1 or 2 cloves fresh garlic, minced
- 2 or 3 stalks celery, chopped
- 2 or 3 carrots, finely chopped
- 2 bay leaves
- 2 tsp kosher salt (or to taste)
- Black pepper, to taste

PREPARATION

Slow Cooker Instructions

- Combine all ingredients in a large slow cooker. Set to low if using a newer slow cooker, or high if an older one, and cook for 7-9 hours. Use an immersion blender to create an even creamier texture, if desired.

Stovetop Instructions

- Combine all ingredients in large soup pot, and bring to a rolling boil. Cover and reduce heat, and continue simmering for around 2 hours, or until split peas are tender and soup becomes thick and creamy. Use an immersion blender to create an even creamier texture, if desired.

Tips

- Add to each bowl your choice (or a combination) of boiled potatoes, brown rice, whole grain pasta, or cooked greens.

