SPLIT PEA SOUP

Servings: 8 Cook Time: 65 Minutes

Ingredients:

- 1 teaspoon Olive Oil
- 1 Onion diced
- 3 cloves Garlic minced
- 1 stalk Celery diced
- 1 Carrot diced
- 16 ounces Dried Green Split Peas rinsed and drained
- 8 cups Chicken Broth low-sodium or 8 cups Vegetable Broth
- 1/4 cup Parsley fresh and chopped
- 1/2 teaspoon Thyme dried
- 1/8 teaspoon Salt
- 1/4 teaspoon Black Pepper
- Red Wine Vinegar

Anderson Free Clinic
Wellness Market

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Directions

1. Warm oil in a skillet or large pot over medium heat.
2. Sauté the onion in the oil for about 2 minutes.
3. Add garlic and sauté for another 2 minutes.
4. Add the celery and carrot. Sauté for about 5 minutes.
5. Add the split peas, broth, parsley, and thyme. Reduce heat to medium low.
6. Heat on medium, covered, for about 50 minutes. Stir a few times.
7. When soup is thick, season it with salt and pepper and a splash of red wine vinegar.

Chef's Tips

- To add flavor and protein, serve this soup with ½ slice cooked turkey bacon or ½ link cooked lean sausage crumbled into each bowl.