



DR_x Sally's Kitchen

Savory Split Pea Soup

(serves 6 - 9 in 90 minutes)

This rich and creamy soup features dried split peas and is delicious on a cold winter night when you crave something satisfying. Split peas are dried green peas and a member of the legume family, along with lentils and soy. Their high fiber content makes them great for balancing blood sugar and keeping you satisfied for hours. Split pea soup historically included a ham hock, but I've found that sautéing a little high-quality pancetta gives it that smoky richness. If you're vegan, try adding ½ teaspoon of smoked paprika at the end to give it that same smoky goodness!

Ingredients

- 2 cups split peas, rinsed free of any stones, and drained
- 3 T. olive oil
- 1 cup red onion, diced
- 4 cloves garlic, minced
- ½ c. celery, thinly sliced
- 1 ½ c. carrots, thinly sliced
- 4 ounces raw, good quality pancetta (raw Italian bacon), diced into ¼ inch cubes OR ½ teaspoon smoked paprika (if making vegetarian version)
- 4 cups water
- 4 cups Imagine Organic Free Range chicken stock or vegetable stock
- 1 bay leaf
- 2+ t. sea salt
- 1 T. tamari (unrefined soy sauce; use the wheat-free)
- ½ t. cayenne pepper
- 1 t. oregano, fresh if possible, but dried is fine

Directions

While you're prepping all ingredients, soak the split peas in a bowl of water, then rinse and drain. Sauté the pancetta, onion, celery, carrots, garlic, and oregano in olive oil over medium heat in a large (4 qt.) stockpot for 7-10 minutes or until it is golden brown.

Stir in the water, broth, bay leaf, and split peas and simmer over medium-low for 45 – 60 minutes, skimming off any foam. Add salt, tamari, and cayenne pepper and cook another 15 minutes, stirring frequently to loosen any solids from the bottom. Add a little more water or broth if needed to create a thick, creamy consistency. Adjust seasonings and serve hot with brown rice or quinoa and a hearty salad.

Even if you're cooking for yourself, always make enough to freeze for another night!