



Hilary Warner, MPH, RD, LD
Registered/Licensed Dietitian and Fitness Specialist
Nutrition Coaching and Consulting
18 North Main St. Suite 304
Concord, NH 03301
www.nutritionworksnh.com
(603) 223-8119

Splendid Split Pea Soup!

If you're like me your memories of pea soup are anything but good. I was so surprised when I found this recipe and liked it so much. I hope you do too!

*2 teaspoons olive oil
2 carrots, diced
1 onion, chopped
1 all-purpose potato, diced
1 sweet potato, diced
2 cloves garlic, minced
6 cups reduced-sodium chicken or vegetable broth
1 cup green split peas, rinsed
Freshly ground pepper to taste
4 slices bacon, diced (optional)*

- 1. Heat oil in a Dutch oven or large pot over medium-high heat.*
- 2. Add carrots, onions, potato, sweet potato and garlic; cook, stirring, until softened, about 3 minutes.*
- 3. Add broth and split peas and bring to a boil. Reduce heat to low and simmer, partially covered, until the vegetables are tender and the split peas have broken down, about 40 minutes.*
- 4. While the soup is simmering, cook bacon (if using) in a small skillet over medium heat, stirring, until crisp, 3-5 minutes. Drain on paper towels.*
- 5. Season the soup with pepper, ladle into bowls, and garnish with bacon.*

Source: The Essential Eating Well Cookbook