

Split Pea Soup



- 2 tablespoons olive oil
- 1 small onion, chopped
- 2 medium carrots, chopped
- 2 stalks celery, chopped
- 2 garlic cloves, minced
- 1 pound (2 cups) dried split peas
- 1/2 teaspoon white pepper
- 8 cups fat-free, low sodium chicken broth
- 1 bay leaf
- 1/4 cup plus 2 tablespoons fat-free sour cream, optional
- Smoky paprika, optional

1. Pick through the peas, discarding any broken, discolored or shriveled peas and any foreign matter. Rinse well.
2. In large pot or Dutch oven, heat olive oil. Add onion, carrots, celery and garlic. Sauté until onion is translucent.
3. Add split peas and white pepper, stir 1 minute.
4. Add chicken broth and bay leaf. Bring soup to a boil then reduce heat and simmer 30 to 45 minutes, until peas are cooked through but not falling apart.
5. Remove bay leaf. Mash soup, if desired, using a potato masher, hand blender or regular blender to desired consistency.
6. Serve with a dollop (1 tablespoon) of sour cream and a pinch of smoky paprika if desired.

Serves 6.

Nutrition Facts, without sour cream		
Servings per recipe: 6		
Calories 337	Calories from fat 45	
	% Daily Value	
Total Fat 5g		8%
Saturated Fat 1g		4%
Cholesterol 0mg		0%
Sodium 797mg		33%
Carbohydrate 52g		17%
Dietary Fiber 21g		82%
Protein 23g		46%
Vitamin A: 123%	Vitamin C: 10%	Folacin: 55%
Calcium: 6%	Iron: 23%	Potassium: 26%