cook colorful

# RECIPE

| Recipe Name | **Curried Split Pea Soup** |
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Ingredients:

2 Tbsp. vegan butter
1 medium yellow onion, chopped
3-4 cloves garlic, minced
14-16 oz. bag dried green split peas, rinsed
6-8 cups organic vegetable broth
2 Tbsp. curry powder
Salt & Pepper to taste

Directions

1. Heat butter in a 6-quart saucepan over medium low heat until melted. Add onion and a pinch of kosher salt, allowing to sweat for 3-5 minutes, being careful not to let the onions brown. Add garlic and sauté for 1 more minute until the garlic blooms, giving off a strong scent.
2. Add the peas, vegetable broth and curry powder. Increase the heat to high and bring to a boil. Reduce heat to low, cover and cook at a simmer until the peas are tender and beginning to fall apart, 45-50 minutes. Taste and adjust seasoning as needed. Using a stick blender, puree the soup to the desired consistency.

*Once chilled, the soup will solidify. It will loosen back up when re-heated, but feel free to add additional water/broth if it thickens upon standing.

**Nutrition Facts**

**Servings:** 8

**Amount per serving**

| **Calories** | **263** |
|---|---|
| | **% Daily Value*** |
| **Total Fat** 4g | **5%** |
| Saturated Fat 0.9g | **4%** |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 773mg | **34%** |
| **Total Carbohydrate** 38g | **14%** |
| Dietary Fiber 14.9g | **53%** |
| Total Sugars 5.8g | |
| **Protein** 19.7g | |
| Vitamin D 0mcg | 0% |
| Calcium 47mg | 4% |
| Iron 4mg | 23% |
| Potassium 811mg | 17% |

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by verywell