



Yellow Split Pea and Sweet Potato Soup

Serves 8

This recipe can easily be cut in half to make a smaller batch. Keep cooking times the same but use exactly half of each ingredient.

- 1 large onion, chopped (about 2 cups)
- 1 tablespoon freshly grated ginger
- 2 cups yellow split peas
- 2 medium sweet potatoes, peeled and cut into ½-inch cubes
- ½ cup toasted pumpkin seeds

Bring ½ cup water to simmer in a large saucepot over medium-high heat. Add onion and cook about 5 minutes or until translucent. Stir in ginger and cook 1 minute, stirring. Add 8 cups water, peas and sweet potato cubes and bring to a boil. Reduce heat to a simmer, cover and simmer for 1 hour.

Uncover and continue to simmer 15 minutes. Carefully purée soup with a hand held immersion blender or in batches in a food processor until smooth and creamy. Garnish with pumpkin seeds.

NUTRITION

Per serving (about 14oz/387g-wt.): 290 calories (50 from fat), 6g total fat, 1g saturated fat, 0mg cholesterol, 30mg sodium, 44g total carbohydrate (2g dietary fiber, 5g sugar), 18g protein

Dairy free, Gluten free, Low sodium, Vegan, Vegetarian



Yellow Split Pea and Sweet Potato Soup

Serves 8

This recipe can easily be cut in half to make a smaller batch. Keep cooking times the same but use exactly half of each ingredient.

- 1 large onion, chopped (about 2 cups)
- 1 tablespoon freshly grated ginger
- 2 cups yellow split peas
- 2 medium sweet potatoes, peeled and cut into ½-inch cubes
- ½ cup toasted pumpkin seeds

Bring ½ cup water to simmer in a large saucepot over medium-high heat. Add onion and cook about 5 minutes or until translucent. Stir in ginger and cook 1 minute, stirring. Add 8 cups water, peas and sweet potato cubes and bring to a boil. Reduce heat to a simmer, cover and simmer for 1 hour.

Uncover and continue to simmer 15 minutes. Carefully purée soup with a hand held immersion blender or in batches in a food processor until smooth and creamy. Garnish with pumpkin seeds.

NUTRITION

Per serving (about 14oz/387g-wt.): 290 calories (50 from fat), 6g total fat, 1g saturated fat, 0mg cholesterol, 30mg sodium, 44g total carbohydrate (2g dietary fiber, 5g sugar), 18g protein

Dairy free, Gluten free, Low sodium, Vegan, Vegetarian