

Garden Fresh Split Pea Soup

This split pea soup is so easy to make takes less than an hour from start to finish and will leave you feeling warm and cozy the rest of the day!

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Ingredients

- one bag split peas
- one tablespoon canola oil
- 1 medium onion diced
- 2 stalks celery, diced
- 2 carrots peeled and diced
- 3 cloves garlic, crushed
- 2 new potatoes small to medium sizes peeled and diced
- 32 oz. chicken broth
- 4 cups water
- 2 bay leaves

Instructions

1. Sort and rinse peas in fine mesh strainer, set aside
2. Dice the onions, celery, carrots, and potatoes
3. In a large saucepan heat oil over medium. Add onion, celery and carrots. Cook until vegetables begin to soften, 4-5 minutes.
4. Add in garlic and cook 1 minute longer
5. Add broth, split peas, potatoes, and bay leaf and 4 cups water. Bring to a boil, reduce heat to medium-low, and partially cover; simmer until peas are soft, 30 to 45 minutes.
6. serve warm with crumbled crackers and parsley



Recipe by MyRDNutritionist at <http://myrdn.com/garden-fresh-split-pea-soup/>