

# Yellow Split Pea soup

Slow cooker or Stovetop

- Hearty and filling soup for cold days!
- Heart healthy food habits include a diet low in salt and saturated fats and high in fiber.
- Yellow split peas are high in fiber and plant protein and free of saturated fats.
- The FDA recommends 25 grams of fiber in your diet per day. 1 1/2 cups of this soup provides half of your fiber needs for one day.
- Choosing foods with lower sodium makes a heart healthy dish. Look for “reduced sodium”, “low sodium” or “no salt added” on the label of broth and canned vegetables.
- Slow cooking for 6 hours on low and 4 hours on high will keep the split peas intact. 8 hours on low will make the split peas will fall apart and make an even thicker soup. Your choice!
- You will need at least a 4 quart slow cooker to make this recipe. If your slow cooker is smaller, cut the recipe in half, or use a large pot on the stovetop.

## Nutrition Facts

8 servings per container

**Serving size** 1 1/4 cup

**Amount per serving**

**Calories** 240

**% Daily Value\***

**Total Fat** 2.5g 3%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 390mg 17%

**Total Carbohydrate** 42g 15%

Dietary Fiber 15g 54%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 13g

Vitamin D 0mcg 0%

Calcium 48mg 4%

Iron 3mg 15%

Potassium 710mg 15%

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

# Yellow Split Pea Soup

Servings: 8

Prep Time: depends on cook method



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## Ingredients:

1 Tablespoon olive, canola, or vegetable oil  
1 medium onion, diced  
3 medium carrots, chopped  
2 stalks celery, chopped  
1 pound yellow split peas, sorted and rinsed  
4 cups low sodium vegetable or chicken broth  
3 cups water  
1 Tablespoon garlic powder  
1 Tablespoon onion powder  
1 teaspoon salt  
1/2 teaspoon black pepper

## Directions:

### Slow cooker:

1. **Chop** onions, carrots and celery and add to the slower cooker.
2. **Drizzle** the oil on the vegetables and mix well to coat.
3. Add split peas, vegetable broth, water and seasonings. Stir well.
4. **Cook** on high for 4 hours or low for 6-8 hours.

### Stove Top:

1. **Add** oil to a large pot over medium high heat. When hot, **add** the onions, carrots and celery.
2. **Sauté** for 7 minutes, until onions look clear.
3. **Add** seasonings and stir for 30 seconds.
4. **Add** broth, water and yellow split peas.
5. Bring to a **boil** and then **reduce** to a **simmer** for 1-1 1/2 hours, until the split peas are **cooked** as soft as you like.

Recipe credit: Kristen Elliott, RDN, LD

Adapted from: <https://theprettybee.com>

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