



SWEDISH YELLOW SPLIT PEA SOUP

Advanced Lifestyle

INGREDIENTS

- 1 TBS extra virgin olive oil
- 2 cups chopped onions
- 1–1/2 cups chopped carrots
- 1/4 TSP freshly cracked black pepper
- 1–1/3 cups dried yellow split peas, rinsed*
 - *(An equal amount of dried yellow lentils or green split peas may be used in place of the yellow split peas.
- 6 cups reduced-sodium vegetable broth (or water + 1/2 TSP sea salt)
- 3/4 cup water
- 1/4 cup chopped fresh flat-leaf (Italian) parsley or dill, divided

INSTRUCTIONS

—In a large saucepan, heat oil over medium-high heat. Add onions, carrots and pepper; cook, stirring, for 6 to 8 minutes or until vegetables are softened.

—Stir in peas and broth. Bring to a boil. Reduce heat to medium-low, cover and simmer, stirring occasionally, for 35 to 40 minutes or until peas are very tender.

—Transfer 1 cup of the soup solids to food processor. Add water and purée until smooth. Return purée to pan and stir in half the parsley or dill. Simmer, stirring often, for 5 minutes to blend the flavors, thinning soup with water if too thick. Serve sprinkled with the remaining parsley or dill.

SERVING INFO: (Yields 6 servings)

Serving = 1 cup = 2 V

See photo of recipe at [Instagram](#) and [Facebook](#).