



## SWEDISH YELLOW SPLIT PEA SOUP

Final 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  
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