



# YELLOW SPLIT PEAS SOUP

This delicious yellow split pea soup is an easy dinner. Loaded with protein and fibre, this budget-friendly dinner is great for freezing if you like to meal prep

## INGREDIENTS

- 1 tablespoon oil
- 3 cloves garlic, minced
- 1/3 cup chopped carrot
- 1 large (or 2 small) potatoes cubed
- 1 medium white onion, diced
- 7 cups of water
- 1 tablespoon of vegetable bouillon
- 2 cups dried yellow split peas, rinsed (you can use green split peas as well)
- Salt & pepper to taste

## DIRECTIONS

1. Heat the olive oil over medium heat for 1 minute
2. Add the onions, carrots and potato and cook over medium heat for 7 minutes until the onions started getting soft and translucent. Stir frequently so they don't brown.
3. Add the garlic and continue to cook for 1 minute.
4. Add the water and bouillon and split peas.
5. Let simmer for about an hour or until the peas are soft.
6. Using an immersion blender, blend the soup until it's chunky. If you don't have an immersion blender, you can do it in a blender or food processor. Just let the soup cool slightly before blending.
7. Add salt and pepper to taste
8. Serve and enjoy

**PORTIONS: 8 CUPS**

**PREP TIME: 10 MIN**

**COOK TIME: 60 MINS**

**TOTAL TIME: 1HR 10MINS**

**AVERAGE COST PER RECIPE**

**(AT HANDAM): £2**

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