

Pea Soup

My favorite soup for winter. Warm, comforting and super filling. This soup is packed with protein and veggies to keep you feeling full and nourished.

Prep:
5 minutes

Cook:
50 minutes

Ready In:
1 hour

Servings:
4



Ingredients

- 1 cup dry split peas *soaked overnight
- 2 large carrots, chopped
- 2 stalks celery, diced
- 1/2 a large onion, diced
- 1.5lbs of potatoes, chopped (about 8 small or 3-4 large)
- 5 cups water
- 2 tbsp Italian seasoning
- 1 tsp salt (plus more to taste)

Instructions

- 1 There are a few ways to cook this recipe. If you have time, soaking your peas overnight in water helps them cook faster and makes a creamier soup. If you don't have time for that you can always just rinse them and cook them on low a bit longer. If you are using an instant pot you can throw all the ingredients in there and set it to 40 minutes on manual high pressure (this is the way I usually cook it)
- 2 On the stovetop add in your peas, onions and salt with 5 cups of water and bring to a low boil. Cover this and let it cook while you prep all your other ingredients. I like to cook the peas a bit by themselves so that the veggies don't get super overcooked but this also is not necessary.
- 3 Add in the rest of your ingredients, bring the soup back to a low boil, cover and cook about 40 minutes. Once the soup is done I like to lightly blend it with an immersion blender. If you let it cool a bit it will thicken a lot! Then adjust the seasonings adding more salt to taste or black pepper and serve alone or over rice.
- 4 *You can also sub veggie stock for the water or use 1 tbsp better than bouillon (the vegetarian one) for more flavor. Another thing is adding a bay leaf while its cooking and then removing it once its done before blending. Get creative and make this how you like it. I wanted to give you guys a good base recipe since this is one of my favorite winter soups to enjoy :)