

Yellow Split Pea and Sweet Potato Soup

Ingredients

- 1 large onion, chopped (about 2 cups)
- 1 tablespoon freshly grated ginger
- 2 cups dried yellow split peas
- 2 medium sweet potatoes, peeled and cut into 1/2 inch cubes (about 3 cups)
- 1/2 cup toasted pumpkin seeds

Instructions

1. Heat large pot over medium heat, add onion and cook. Stir until translucent about 5 minutes. Add water to prevent sticking.
2. Stir in ginger and cook 1 minute.
3. Add 8 1/2 cups of water, yellow peas and sweet potatoes and bring to a boil. Reduce heat, cover the pot and simmer for 1 hour.
4. Uncover. Carefully puree soup with a hand held immersion blender or batches in a blender until smooth and creamy. Garnish with pumpkin seeds.

Kitchen Classroom

Split peas are field peas, a variety of yellow or green peas grown specifically for drying. When these peas are hulled and then split in half along the natural seam, they become split peas, which encourages faster cooking and eliminates the need to presoak. Split peas can be stored in an airtight container for up to one year.

Split peas are high in protein and fiber but low in fat. There is no need to soak split peas before cooking, and they turn very creamy when cooked.

There are two types of split peas - green and yellow. Green split peas are sweeter and less starchy than the milder yellow split peas.

Nutrition Information per serving

Serving Size: 10 servings

Calories: 210

Fat: 4 gm

Sodium: 25 mg

Fiber: 13 gm

Carbohydrates: 39 gm

Protein: 11 gm



Source: Whole Foods Market