



Split Pea Soup without Pork

Oscar · 28/09/2024



Prep Time

2 hrs 15 mins

Difficult

Medium

Servings

10

Description

To make a delicious Pea Soup without all the fat simply substitute chicken stock for most of the liquid in your favorite recipe The soup will cook down and be flavorful though mild in taste My family loves this substitute

Ingredients

- - 1 pound dried split peas - 1 stalk celery
- diced - 2 large carrots
- peeled and diced - 2 (14.5 ounce) cans low-fat
- low sodium chicken broth - 3 cups water - salt and pepper to taste

Instructions

1. Rinse and pick through peas. Place them in a large pot with the celery
2. carrots
3. broth and water. Bring to a boil
4. then reduce heat
5. cover and simmer until peas have fallen apart
6. 1 to 2 hours. Season with salt and pepper before serving.