



Makes 7 cups
Preparation Time: 15 minutes
Cook Time: 2 hours 15 minutes

INGREDIENTS:

1½ cups dried split peas, rinsed and drained

3 cups chopped onions

1½ cups chopped carrots

2 teaspoons dried oregano, crushed

2 teaspoons smoked paprika

1 teaspoon chipotle chile powder

Sea salt, to taste

Lemon or lime wedges

Fresh oregano leaves (optional)

Smoky Vegan Split Pea Soup

Smoked paprika gives this filling, vegan split pea **soup** its rich, zesty flavor while onions and carrots add extra sweetness. To make it, green split peas are quick-soaked in boiling water for 1 hour, then cooked in the same pot, no draining necessary. If you're wondering if split pea soup is healthy, the answer is yes; high in healthy carbs and extremely low in fat, this enduring favorite is as good for you as it is delicious. What's more, this recipe requires just 15 minutes of active prep time and only eight ingredients, so there is very little to actually do! Serve as a starter or snack, or enjoy a large bowlful for a light meal.

Tips

Gluten-free: To make this gluten-free, be sure to use a chipotle chile powder that is gluten-free.

For more inspiration, check out these tasty ideas:

- [Split Pea and Chard Soup](#)
- [Butternut Bisque with Parsley Pistou](#)
- [Hearty Purple Cabbage Soup](#)
- [Autumn Lima Bean Stew](#)

By Mary Margaret Chappell

- 1 In a 5- to 6-quart pot combine split peas and 8 cups water. Bring to boiling. Boil 1 minute. Turn off heat and cover pot. Let stand 1 hour.
- 2 Add the next five ingredients (through chipotle chile powder) to soaked split peas. Bring to boiling; reduce heat. Simmer, uncovered, 1 to 1¼ hours or until split peas are soft and soup has thickened. Season with salt. Serve with lemon wedges. If you like, garnish with fresh oregano.