

Old Fashioned Split Pea Soup

We're in the throws of winter and soup always makes us feel cozy. I think you'll enjoy this version of old-fashioned split pea soup. I took the recipe my mother taught me and gave it a couple of tweaks.

The history of split pea soup dates back to ancient Greece and Rome. It's now found throughout the world in various forms. Years ago you would often find pea soup featured as a restaurant special late in the week. That's because the ham was used up and it was time to boil the bone for soup stock.

Preparation Time: 2-3/4 hours - Servings: 4

Organize Your Ingredients!

Notes on Organizing

Soups are particularly easy to make. Add a salad with homemade dressing to jazz it up along with some warm artisan bread.

Prep everything first. Prep 2-3/4 C. chopped onion: 2-1/2 C. in the soup and 3 T. in the dressing.

Prep 2 cloves of chopped garlic : 1 clove for the soup and 1 clove for the dressing.

Split Pea Soup

- 1 package smoky tempeh
- 1 tsp. olive oil
- 1 clove garlic (smashed and chopped)
- 2-1/2 C. yellow onion (chopped)
- 1 C. celery (chopped)
- 1-3/4 C. dried split peas
- 1 bay leaf
- 1 cube Not Chick'n bouillon
- 2 C. low-sodium vegetable broth
- 2/3 C. red bell pepper (chopped)
- 3 C. water

- 1 C. carrots (scrubbed and diced)
- 1-1/2 C. Yukon Gold potatoes (scrubbed and diced into 1/2" cubes)
- 1/2 tsp. fresh ground black pepper
- 2 dashes Tabasco
- 3 T. parsley (chopped)

- 2-4 C. additional vegetable broth (used to thin finished soup to desired consistency)

Basil Vinaigrette Dressing

- 1 clove garlic (smashed and chopped)
- 3 T. onion (finely chopped)
- 1/4 C. fresh basil (finely chopped)
- 2 T. good olive oil
- 2 T. balsamic vinegar
- 1 tsp. prepared mustard
- 1 tsp. low-sodium soy sauce
- 1/3 C. low-sodium vegetable broth

Final Items

- 1 loaf artisan bread
- Fixings for a Green Salad

- 1/2 C. plain, nonfat yogurt (stirred smooth)

*First Thing!
Preheat the oven To 400°*

Let's Prepare, Cook, and Plate This!

Preparation Information

Split peas will cook to a nice softness in about 45 minutes. You'll want to give the soup an hour to rest so make it early in the day. Once you've prepped, the recipe falls into place. Thin the soup to desired consistency with extra vegetable broth.

Split Pea Soup

1. Brown a package of smoky tempeh by baking in a 400° oven for 5 minutes per side. Let cool. Chop 3 pieces for this recipe and store the rest in the fridge.
2. Sauté garlic, onion and celery in measured olive oil in a large soup kettle. Sauté until onion begins to brown.
3. Wash split peas in colander. Remove any small pebbles or impurities you find.
4. Add washed split peas, bay leaf, bouillon cube, 3 C. water, 2 C. low sodium vegetable broth and chopped red peppers to onion mixture. Bring to boil, cover and cook 45 minutes over medium-low heat. Let cool about 30 minutes. Remove bay leaf and blend in food processor. Return to soup kettle.
5. Add chopped tempeh, diced carrot, chopped potato, black pepper, Tabasco and parsley. Return to boil and cook over low heat 20 minutes.
6. Stir every few minutes. Turn off heat and allow to rest 1 hour before serving.

Basil Vinaigrette Dressing

Combine all prepped ingredients and shake together.

- or -

Blend all items in a food processor for a creamier textured dressing.

Final Items and plate the meal.

1. Wrap bread in foil and place in 200° oven for 20 minutes.
2. Use additional low-sodium vegetable broth to thin the soup to your preferred consistency. Reheat soup.
3. Make green side salads.
4. Serve the soup (about 2 C. per serving). Stir yogurt until smooth and swirl 2 T. stirred yogurt into center of each bowl. Serve salads on the side with a slice of warm bread.

What I've Learned from this Recipe

The substitution of smoky tempeh really does the trick in adding flavor that's reminiscent of soup stock made with a ham hock. Tempeh adds a respectable amount of protein as well.

Let us know what you think, and ask any questions you may have. chezdon@plate6.com