

## **Split Pea Soup**

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**Servings: 10**

**1 package (16 oz) yellow split peas, rinsed**  
**2 cans (10 1/2 oz each) chicken broth**  
**2 cups water**  
**1 package dried onion soup mix**  
**1 1/2 cups baby carrots, rinsed and sliced**  
**2 large Vidalia onions, chopped**  
**6 stalks celery, trimmed and diced**  
**1 large (or 2 small) leeks, stripped of their outer leaves, rinsed and chopped**  
**2 cloves garlic, minced**  
**2 tablespoons Grey Poupon Dijon mustard**  
**3 or 4 tablespoons tamari or soy sauce**  
**2 tablespoons balsamic vinegar**  
**salt and pepper**

In a large pot, combine the peas, broth, water and soup mix. Stir well.

Add the carrots, onion, celery, leeks, garlic, mustard, tamari and balsamic vinegar. If the mixture seems too thick, pour in a little more water.

Bring to a full boil over medium heat. Reduce the heat to a simmer and cook for about 2 hours, stirring and skimming the surface occasionally.

Remove from the heat and let sit for an hour at room temperature.

Puree, in several batches, in a food processor or blender until smooth.

Add salt and pepper to taste.

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Per Serving (excluding unknown items): 40 Calories; 1g Fat (11.6% calories from fat); 2g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 190mg Sodium. Exchanges: 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit.