

Pea Soup

Learn to make classic split pea soup with this easy recipe. Creamy, hearty, and nutritious soup perfect for cold days. Ready in 100 minutes!

25	75	100	6	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Pea Soup

Ingredients

- 8 cup bone broth
- 5 cup pea
- 2 onion
- 1 sprig parsley
- 10 leaf cabbage lettuce
- 1 cup rice
- 4 tbsp sunflower oil
- 5 scallion
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Prepare ingredients**

Rinse 5 cups split peas in a fine-mesh strainer under cold running water until water runs clear, about 2 minutes.
- 2** Finely dice 2 onions into ¼-inch pieces.
- 3 Build the base**

Heat 4 tablespoons oil in a large heavy-bottomed pot over medium heat until shimmering, about 2 minutes.
- 4** Add diced onions and cook, stirring occasionally, until soft and translucent, about 6-8 minutes.
- 5** Add 8 cups chicken broth, rinsed split peas, 1 sprig thyme, and 10 bay leaves to the pot.
- 6 Cook the soup**

Bring to a boil over high heat, then reduce heat to low and simmer partially covered for 45-60 minutes, stirring every 15 minutes, until peas are completely tender and falling apart.
- 7** Remove and discard thyme sprig and bay leaves.
- 8 Blend and season**

Using an immersion blender, puree soup directly in pot until completely smooth, about 2-3 minutes.
- 9** Season with 1 teaspoon salt and 1 teaspoon pepper, tasting and adjusting as needed.

10 **Finish and serve**

Stir in 1 cup chopped fresh parsley and cook for 2 minutes to warm through.

11 Ladle into bowls and serve immediately while hot.

Tips

Always rinse split peas in cold water before cooking to remove any dust or debris, but don't soak them as this can make them mushy.

Use low-sodium broth to control the salt content, as the soup will concentrate during cooking and can become overly salty.

Add salt only after the peas have fully cooked, as salt can prevent legumes from softening properly during the cooking process.

For the smoothest texture, strain the soup through a fine-mesh sieve after blending to remove any remaining bits of pea skin.

Save time by chopping vegetables the night before and storing them covered in the refrigerator until ready to cook.

Make a double batch and freeze half in portion-sized containers for quick weeknight meals throughout the month.

If adding dairy like cream or milk, remove the pot from heat first and stir in gradually to prevent curdling.

Taste and adjust seasoning just before serving, as flavors develop and concentrate during cooking and storage.