

Split Pea & Butternut Squash Soup

Serving size: 8 oz.

Total time: 1 hour 20 minutes

Ingredients

- 3 quarts Vegetable stock
- 1 1/8 tsp. Canola oil
- 4 1/2 oz. Yellow onion (fresh) diced
- 4 1/2 oz. Celery (fresh) diced
- 4 1/2 oz. Carrots (fresh) diced
- 4 1/2 oz. Leeks (fresh) sliced
- 1 7/8 lb. Butternut squash – peeled, seeded and cubed
- 9 oz. Split peas, dried, green (Drained)
- 2 1/2 oz. Garlic (minced)
- 3/8 tsp. Thyme, leaf, dried
- 1/8 tsp. Bay leaves, ground or whole
- 1/8 tsp. Coriander, ground
- 1/8 tsp. Allspice, ground
- 1/8 tsp. Cayenne pepper



Preparation

1. Sauté onion, garlic, celery, carrot and leeks in oil until onion is translucent. Do not brown.
2. Prepare low sodium vegetable broth according to recipe.
3. Add squash, peas, thyme, bay leaves, coriander, allspice and cayenne pepper to broth. Bring to a boil. Reduce heat and simmer for 45 minutes or until squash and peas are completely tender. Transfer half the mixture to a food processor or blender. Process until pureed. Stir back into soup. Bring to a boil.
4. Remove all whole bay leaves if used.
5. Garnish with chopped toasted pecans (optional)

Nutritional Information Per serving

Calories: 130

Total Fat: 1g

Saturated Fat: 0g

Cholesterol: 0mg

Total Carbohydrate: 25g

Dietary Fiber: 8g

Sugar: 5g

Protein: 6g

Sodium: 130mg