

Split Pea Soup with Steamed Cauliflower



PREP TIME

20 mins

COOK TIME

3 hrs

TOTAL TIME

3 hrs 20 mins



COURSE

Dinner, Lunch



SERVINGS

7

CALORIES

292 kcal

EQUIPMENT

- Large pot
- Steamer basket or pot with steaming rack
- Knife and cutting board

INGREDIENTS

- 1 tablespoon vegetable oil
- 1 onion chopped
- 3 cloves garlic minced
- 1 bay leaf
- 8 ½ c vegetable broth
- 1 c TVP Textured Vegetable Protein
- 2 c dried split peas
- ½ c barley
- 1 ½ teaspoons salt
- 1 potato diced
- 3 carrots chopped

- 3 stalks celery chopped
- ½ teaspoon liquid smoke
- ½ c chopped parsley
- ½ teaspoon dried basil
- ½ teaspoon dried thyme
- ½ teaspoon ground black pepper
- 7 c cauliflower

INSTRUCTIONS

1. Heat oil in a large pot over medium-high heat. Sauté onion, garlic, and bay leaf in hot oil until onions are translucent, about 5 minutes.
2. Add broth, peas, TVP, barley, and salt; bring to a boil. Reduce heat to low and simmer for 2 hours, stirring occasionally.
3. Add potatoes, carrots, celery, parsley, basil, thyme, liquid smoke, and pepper.
4. Simmer until peas and vegetables are tender, about 1 hour.
5. Separately, steam the cauliflower.
6. Divide soup and cauliflower into 7 equal servings and store in the fridge.

NUTRITION

Nutrition Facts

Split Pea Soup with Steamed Cauliflower

Amount Per Serving	
Calories 292	Calories from Fat 18
	% Daily Value*
Fat 2g	3%
Carbohydrates 62g	21%
Protein 25g	50%

* Percent Daily Values are based on a 2000 calorie diet.

 **Tried this recipe?**
Let us know how it was!