

Curried Split Pea Soup

9 ingredients · 50 minutes · 9 servings



Directions

1. Heat the oil in a large pot over medium-high heat. Add the onion, garlic, and ginger, and cook until the onion softens, about five minutes.
2. Add the split peas, broth, curry powder, and salt and bring to a boil. Reduce heat, cover, and simmer for 40 minutes or until the split peas are cooked through.
3. Add the soup to the blender, or using an immersion blender, blend until smooth. Stir in the greek yogurt and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately 1/2 cup.

Dairy-Free

Omit Greek yogurt or use coconut yogurt instead.

Make it Vegan

Use vegetable broth and coconut yogurt.

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 Yellow Onion (chopped)
- 2 Garlic (clove, minced)
- 1 tbsp Ginger (grated)
- 2 cups Yellow Split Peas (uncooked, rinsed)
- 6 cups Chicken Broth, Low Sodium
- 1 tbsp Curry Powder
- 1/2 tsp Sea Salt
- 1/2 cup Plain Greek Yogurt

