



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Split Pea Soup

Adapted from Cooking Light

3 slices thick-cut bacon, chopped
1½ cups finely chopped onion
5 cups low-sodium chicken broth
1½ cups dry green split peas
¾ tsp minced fresh thyme (or ¼ tsp dried thyme)
¼ tsp dried rosemary
¼ tsp ground black pepper
1 tsp kosher salt

Instructions:

In a Dutch oven or stockpot, cook bacon over medium heat for 5 minutes; add onion and sauté, stirring occasionally, until the onion is tender and lightly browned. Add the broth, scraping in bits from the bottom of the pan with a wooden spoon or whisk.

Add peas, herbs, and black pepper and bring to a boil; turn the heat down and simmer covered for 1 to 1½ hours, or until the peas have softened. Add in the salt and mash with a potato masher (or blend in a food processor or blender) until desired consistency is achieved.

Notes:

-Pecorino cheese can also be added as a garnish. (This will add about 50 calories per tbsp.)

Yield: 6 servings



NUTRITION INFORMATION PER SERVING:

CALORIES: 250 calories

PROTEIN: 16 g

SODIUM: 550 mg

CARBOHYDRATE: 35 g

FIBER: 13 g

FAT: 6 g

SAT FAT: 2 g