

Split Pea Soup

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY
OF THE UNITED STATES

YIELD: 64 oz.

8 (8oz.) Servings

Ingredients	Qty	Measure
Split Peas	2	cups
Water	4	cups
Onion (diced small)	2	cups
Carrots (diced small)	2	cups
Fresh garlic, minced	1	Tbsp.
Vegetable oil	¼	cup
Unsweetened soy milk	½	cup
Salt	2	Tsp.
Pepper	2	Tsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Sweat onions, carrots, and garlic in oil
2. Add peas
3. Cover with water, bring to a boil and cook until done, about an hour to an hour and a half
4. Drain and reserve liquid
5. Put peas in blender and add reserved liquid as needed for soup consistency
6. Finish with soy milk

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

8 oz. Garnish with 1 oz. fresh homemade croutons.

Nutrition Information

 *From USDA Nutrient Database

Calories: 215 Total Fat: 7g Saturated Fat: 1g Carbohydrate: 29g Protein: 11g Sodium: 277mg
Vitamin A: 120µg Vitamin C: 3mg Calcium: 44mg Iron: 2mg Folic Acid: 85µg