

## Split Pea Soup

*(Makes 2 servings)*

(V) – This recipe is a vegan option recipe!

### **Ingredients:**

- ½ cup split peas, uncooked
- 2 carrots, diced
- 1 stalk celery, diced
- 1 medium onion, diced
- 1 vegetable bouillon cube
- ½ teaspoon garlic powder
- ½ teaspoon dried oregano
- 1 tablespoon dried parsley flakes
- ⅛ teaspoon ground black pepper
- 2 teaspoons extra virgin olive oil
- 2 cups water

### **Directions:**

- 1) Place all ingredients in a small soup kettle.
- 2) Bring to a boil.
- 3) Reduce heat and simmer 45 minutes to 1 hour, or until peas are tender.

### **Dieticians Note:**

You can multiply the ingredients to make additional servings.  
You can also freeze or store in the refrigerator for up to 1 week.

### **Source:**

*Preventive Cardiology and Rehabilitation Program, Cleveland Clinic Foundation Heart Center, Cleveland, Ohio*