

HEARTY SPLIT PEA SOUP

Split peas quite popular have become quite popular with Americans especially in soup making. From our kitchen to yours, here is our taste bud pleasing hearty split pea soup. Enjoy!

SERVINGS: 4-6

PREP TIME: 15 MIN COOK TIME: 45 MIN



INGREDIENTS

- 1 teaspoon Oregano
- 1 teaspoon Turmeric
- 1 teaspoon Himalayan Pink Salt
- 3 sweet potatoes (or white potatoes)
- 4 kale leaves (or green swiss chard)
- 3-4 carrots
- 1 yellow squash
- 1lb of green and yellow split peas
- 7 -12 cups of water
- 1TBSP of coconut oil
- Half of a red onion
- 2 stalks of celery
- 3 cloves of garlic



HOW TO PREPARE

1. Rinse split peas thoroughly.
2. Add 7 cups of water, celery, 1/4 cup of chopped squash and remaining onion in coconut oil onion and oil to cast iron Dutch Oven..
3. Bring to a boil. Cover. Reduce heat and simmer for 20 minutes.
4. Chop the carrots, kale and garlic. Slice the yellow squash and potatoes 1/2 inch to 1 inch thick.
5. In a large skillet, saute the garlic, for 3 minutes. Add to Dutch Oven.
6. Add kale and potatoes. Stir well.
7. Add seasonings and stir well.
8. Bring to another boil, reduce heat and stir often while cooking 15 minutes. Cover and let stand for 5 minutes.



SERVE + ENJOY



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