

Slow Cooker Split Pea Sausage Soup

NUMBER OF SERVINGS: 8

Ingredients

- Low sodium chicken broth 8 cups (2 L)
- Dried yellow split peas, rinsed 1 lb (450 g)
- Smoked sausage, sliced 1 lb (450 g)
- Carrots, chopped 1 ½ cups (350 mL)
- Celery, chopped 1 cup (250 mL)
- Medium potatoes, peeled and chopped 2
- Onion 1
- Garlic, chopped 2 cloves
- Dried oregano ½ tsp
- Bay leaves 2

Directions

1. Prepare ingredients as mentioned above and combine them into a slow cooker.
2. Cook in the slow cooker for 6-7 hours on high.



Split peas are simply field peas that split in half as they dry. They can come in yellow or green varieties.



Split peas are a type of legume. Legumes are a great meat alternative that are high in protein, low in fat and contain B vitamins, iron and fibre - important attributes for healthy aging.



Easy to prepare in the morning so a delicious meal will be ready just in time for dinner.

NUTRITION PER SERVING

Calories 200 | Protein 17 g | Fat 11 g | Carbohydrates 33 g | Fibre 4 g | Sodium 737 mg

Soups/Stews



Recipe
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