

Salt and Serenity

Yellow Split Pea and Parsnip Soup

This soup is puréed; so don't worry about dicing all the vegetables perfectly evenly. This recipe makes a large pot of soup. You could cut the recipe in half, or make it all and just freeze any leftovers. They will last in the freezer for several months.

Serves 8

1 Tablespoon olive oil
2 medium onions, peeled and diced into ½ inch pieces
3 large parsnips, peeled and diced into 1 inch chunks
2 large carrots, peeled and diced into 1 inch chunks
2 stalks celery, diced into 1 inch chunks
1 large clove garlic, grated on microplane
1½ teaspoons kosher salt
½ teaspoon freshly ground black pepper
1 teaspoon ground cumin
½ teaspoon smoked paprika
¼ teaspoon red pepper flakes
1 large potato, peeled and diced into 1 inch pieces
7 cups vegetable stock
1¼ cups dried yellow split peas

Garnish:

2 thinly sliced green onions
¼ cup chopped dill
1 bag parsnip or root vegetable chips

1. In a large saucepan heat the oil over medium high heat. Cook the onion, parsnip, carrot, and celery for 5 minutes or until the vegetables are softened. Add garlic, salt, pepper, cumin, smoked paprika and red pepper flakes and cook for another 3 minutes.
2. Stir in potatoes, vegetable stock and yellow split peas. Bring to a boil. Reduce the heat to medium-low, cover and cook for 50-55 minutes or until the split peas are tender.
3. Purée the soup, in batches, in a blender. Garnish with green onions, dill and parsnip chips.