

Split Pea Soup with Bacon (for 4-6)

Source: Casual Cuisines of the World – Diner (Weldon Owen)

Give your split pea soup a little texture by setting aside some of the mixture before puréeing, then stirring the two batches together. Serve with buttermilk biscuits, or garlic or Parmesan toasts.

INGREDIENTS:

2 TBS olive oil
1 yellow onion, finely chopped
1 celery stalk, thinly sliced
2 carrots, peeled/thinly sliced
1 clove garlic, minced
1 1/4 C green split peas, rinsed
6 slices thick-cut bacon
7 C (56 fl oz/1.75 l) water
1 bay leaf
3/4 tsp salt
1/4 tsp freshly ground pepper
1 TBS finely chopped fresh parsley

DIRECTIONS:

Warm olive oil in large, heavy pot over medium heat - add onion - sauté till softened (3-5 minutes) - add celery + carrots - sauté till carrots are tender, (2-3 minutes more) - add garlic - sauté 1 minute more. Add split peas, bacon, water + bay leaf, raise heat to high - bring to a simmer - reduce heat to medium-low, cover partially - cook, stirring occasionally, scraping the pot bottom to prevent scorching, till peas are soft (about 1 hour). Remove bacon + bay leaf - discard bay leaf. Cut bacon into small squares - set aside.

Using blender OR food processor fitted with metal blade OR a hand blender, purée soup till smooth and creamy - return purée to pot.

Reheat soup over medium heat, stirring occasionally, till very hot - season to taste with salt + pepper - stir in reserved bacon. Ladle into warmed soup bowls - sprinkle parsley atop. Serve immediately.

Nutrition Facts: Calories: 331 **Fat:** 18g **Carbohydrates:** 30g **Cholesterol:** 15mg **Sodium:** 478mg
Protein: 13g **Fiber:** 12g % **Cal. from Fat:** 49% % **Cal. from Carbs:** 36%