

## **Split-Pea Soup with Portobellos (for 4)**

Source: Food & Wine - *Quick From Scratch - Italian*

Meaty Portobellos are especially good for adding substance/flavor to this soup, but shiitakes or other mushrooms work well too. You can also add a ham hock while the split peas cook, if you like.

### **INGREDIENTS:**

4 TBS olive oil  
2 carrots, chopped  
2 onions, chopped  
2 ribs celery, chopped  
3 cloves garlic, minced  
1 2/3 C green split peas  
3 TBS chopped fresh parsley  
9 C water  
1/2 tsp dried thyme  
1 bay leaf  
2 tsp salt  
1 lb Portobello mushrooms, stems removed, caps cut into 1/2 inch dice  
6 TBS grated Parmesan cheese  
1/4 tsp fresh-ground black pepper

### **DIRECTIONS:**

In large pot, heat 2 TBS oil over moderate heat - add carrots, onions, celery + garlic. Cook, stirring occasionally, till vegetables start to soften (about 5 minutes). Add split peas, parsley, water, thyme + bay leaf - bring to boil. Reduce heat - cook at low boil, covered, till peas are almost tender (about 35 minutes). Add 1 3/4 tsp of salt - simmer 5 minutes longer - remove bay leaf.

Meanwhile, in large nonstick frying pan, heat remaining 2 TBS oil over moderately high heat - add mushrooms + remaining 1/4 tsp salt - cook till mushrooms brown (about 5-10 minutes) - add mushrooms to soup - bring back to simmer - stir in Parmesan + pepper.

**WINE:** You'll need a white wine with body + lots of character to stand up to this hearty pea soup: Greco di Tufo.

**Nutrition Facts:** Calories: 515 Fat: 18g Carbohydrates: 65g Cholesterol: 7mg Sodium: 1388mg Protein: 28g Fiber: 25g %Cal. from Fat: 31% %Cal. from Carbs: 50%