

Easy Vegetarian Split Pea Soup



Comforting, hearty and deeply satisfying, this split pea soup proves that simple ingredients can go a long way. Naturally rich in plant-based protein and fibre, split peas make this meatless soup both nourishing and filling, with a creamy, velvety texture that develops as they slowly break down. A favourite among our dietitians, it's also ideal for [meal prep](#) — the flavours only get better the next day.

Preparation 10 min

Cooking 65 min

Servings 8

Nutrition Facts (per serving)

Calories 320

Fat 7

Carbohydrates 48

Fibre 19

Protein 16

Sodium 340

Ingredients

- 60 ml (¼ cup) olive oil
- 2 white onions, diced
- 4 carrots, chopped
- 4 celery stalks, chopped

- 5 ml (1 tsp) salt
- Chili flakes, to taste
- 1.5-2 L water or vegetable broth
- 3 cups (750 ml) split peas, rinsed and drained
- The juice of 1 lemon (60 ml / ¼ cup)
- Parsley, to taste

Preparation

1. Heat the olive oil in a large pot over medium heat. Add the onions, carrots, celery and salt. Cook for 7–8 minutes, stirring occasionally, until the vegetables have softened and the onions are translucent.
2. Add the garlic and chili flakes. Cook for 1–2 minutes, until fragrant.
3. Add the split peas and stir to combine. Pour in enough water or vegetable broth to cover by about 5 cm (2 inches) — roughly 1.5–2 litres. Bring to a boil.
4. Reduce the heat to low, partially cover the pot and simmer for 45–55 minutes, stirring occasionally, until the split peas have broken down and the soup is thick and creamy.
5. For a smoother texture, partially or fully blend the soup using an immersion blender.
6. Add the lemon juice and adjust the seasoning to taste. Serve topped with fresh parsley.

Notes

Store in an airtight container in the refrigerator for up to 4 days or freeze for up to 3 months.



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