

Choco Fever Dream

Vegan Split Pea Soup – Easy & Healthy

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup dry green split peas
- [ ] 1 medium onion, finely diced
- [ ] 2 carrots, peeled and diced
- [ ] 2 celery stalks, diced
- [ ] 3 cloves garlic, minced
- [ ] 4 cups vegetable broth
- [ ] 1 bay leaf
- [ ] 1 tsp dried thyme
- [ ] 2 tbsp olive oil
- [ ] Salt and pepper to taste
- [ ] Fresh parsley for garnish

Instructions

1. Rinse the split peas under cold water, then set aside.
2. In a large pot, heat olive oil over medium heat. Add onion, carrots, and celery; sauté until softened, about 5 minutes.
3. Stir in garlic and cook for another minute until fragrant.
4. Add the rinsed peas, vegetable broth, bay leaf, and thyme. Bring to a gentle boil, then reduce to a simmer.
5. Simmer uncovered for 25-30 minutes, stirring occasionally, until peas are tender and the soup is creamy.
6. Season with salt and pepper. Remove the bay leaf, ladle into bowls, and garnish with fresh parsley.

Nutrition per serving

210 kcal	12 g	35 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the soup becomes too thick, thin with extra broth or water.
- A pinch of smoked paprika adds a subtle warmth without breaking vegan rules.
- Taste and adjust seasoning at the end; peas can be slightly sweet.