



## CARIBBEAN VEGETARIAN SPLIT PEAS SOUP

A flavorful Caribbean vegetarian split peas soup recipe, hearty, comforting, and 100% meat free, but still full of that island warmth.

 35 minutes 1 hour and 5 minutes 2 portions

## INGREDIENTS

- 180 grams of yellow split pea, dried
- 2 cups of soup, vegetable broth (440 g)
- 1 medium size (250 grams) onion, raw
- 3 cloves of garlic, raw (9 g)
- 2 whole units of pimentos (132 g)
- 1 cup (1" cubes) of pumpkin or squash or carrot, raw (116 g)
- 1/2 pinch of salt, sea (0 g)
- 1 tsp, ground of spices, pepper, black (2 g)
- 1/2 tsp of spices, paprika (1 g)
- 2 cups (16.9 fl oz) of spring Water (504 g)
- 3 spring fresh of thyme, fresh (2 g)
- 1 pinch of turmeric, dried, ground (0 g)
- 1 tbs (~20 grams) of green seasoning (blend thyme, chadon beni, parsley, pimento, onion, garlic)
- 1 tsp of oil, hazelnut (5 g) **or** 1 teaspoon of oil, olive (3 g)

## COOKING METHOD

- 1° In a large soup pot, heat vegetable oil.
- 2° Add onion, garlic, pimentos, and green seasoning; sauté until fragrant.
- 3° Add soaked split peas, broth, and turmeric/curry powder.
- 4° Bring to a boil, then reduce heat and simmer until peas begin to soften (about 20–30 minutes).
- 5° Stir in pumpkin or carrots, celery, and thyme.
- 6° Continue to cook until vegetables are tender and soup starts to thicken (another 20–25 minutes).
- 7° Add salt, black pepper, and hot pepper to taste.
- 8° If using, stir in greens just before serving so they wilt but stay vibrant.
- 9° Enjoy piping hot, garnished with fresh chadon beni and a squeeze of lime, alongside roti, crusty bread, or as a hearty meal on its own.
- 10° Optional: a handful of spinach, kale, or chopped callaloo leaves at the end for extra greens

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (583 g)	% DRI
ENERGY	77 kcal	447 kcal	22 %
FAT	1 g	5 g	8 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	5 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	125 mg	730 mg	30 %
CARBOHYDRATE	13 g	77 g	26 %
SUGARS	2 g	13 g	–
FIBER	3 g	15 g	60 %
PROTEIN	4 g	26 g	–