

## Yellow Split Pea Soup (Vegan, Gluten-Free, Nut-Free, Soy-Free)

Foods Matter, October 2007 - (Wheat, gluten, corn, soya, nightshade, dairy & nut free) - The excellent flavour of this soup depends on the really long, slow cooking of the onions - so be generous with your time if nothing else.

### Ingredients:

- 3 tbsp olive oil
- 3 level tsp ground cumin
- 1 level tsp ground coriander
- 2 medium onions, very finely sliced
- 1 medium carrot, very finely grated
- 10ozs yellow split peas
- 8 cups gluten and wheat-free vegetable stock
- sea salt and freshly ground black pepper

Heat the oil in a heavy pan and add the cumin and coriander.

Cook gently for 2-3 minutes then add the onions and carrot and continue to cook very gently, uncovered, stirring regularly, for 45-60 minutes. Make sure they do not burn.

Add the split peas and the stock, bring to the boil, cover and simmer for 45 minutes.

Season to taste with sea salt and freshly ground black pepper, add extra stock if it is too thick and serve.

### SERVES 6 - PER PORTION

298cals - 25g protein

10g total fat - 2g sat / 4g mono / 1g poly

35g carbohydrate of which 4.5g sugar

4g fibre - 691mg sodium / 1.7 salt

29mg calcium

### GOOD SOURCE OF:

Vitamins B1, B6, magnesium, iron & zinc

Recipe & Photo Reprinted with the permission of Foods Matter