

Pressure Cooker Split Pea Soup

(approximately 6 one cup servings)

4 slices bacon, chopped

2 carrots, chopped

1 large potato, peeled and finely chopped

1 large onion, chopped

1 cup rinsed green split peas (dried, not necessary to presoak when used in pressure cooker)

2.5 cups low sodium chicken or vegetable stock

2 bay leaves

1 teaspoon minced garlic or 1 clove crushed garlic

Fresh ground pepper, to taste

Minced parsley for garnish

In the pressure cooker, heat bacon over medium heat or sauté if using an electric pressure cooker. After bacon has cooked some, add the onion and cook until transparent. Add the carrots, potato, dried split peas and stock and mix together. Add the garlic, bay leaves, salt, and pepper to. Close the lid and bring pressure to: either 8 pounds for a standard pressure cooker, or, use high pressure setting for the electric pressure cooker. Cook for 15 minutes. Remove from heat for conventional pressure cooker, or release pressure immediately with an electric pressure cooker. After the pressure has been decreased, remove the lid, and serve with sprinkled parsley.



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