

# Split Pea Soup with Yam and Cumin

Diane Rossen Worthington - Tribune Media Services  
The Palm Beach Post

## Servings: 6

2 tablespoons olive oil  
1 medium onion, finely chopped  
2 stalks celery, sliced  
3 carrots, peeled and sliced  
1 medium yam, peeled and cut into two-inch pieces  
2 cups yellow or green split peas, rinsed and picked over  
8 cups chicken or vegetable broth  
2 slices bacon OR small ham hock  
1/2 teaspoon ground cumin  
salt  
freshly ground black pepper  
6 strips bacon (for garnish)

In a large Dutch oven or soup pot, heat the oil over medium heat. Saute' the onion for 3 to 5 minutes or until softened. Add the celery, carrots and yam. Saute' for another 3 minutes or until just slightly softened.

Add the split peas, broth, bacon slices or ham hock, salt and cumin. Bring to a simmer over medium low heat. Partially cover and cook for 50 to 60 minutes or until the peas are tender. Remove the bacon slices or ham hock.

While the soup is cooking , place the bacon slices in a skillet on medium-high heat and cook until crisp on each side, about 3 minutes per side. Remove to a paper towel and drain. Break into pieces and reserve.

When the soup is finished cooking, coarsely puree' the soup with a hand blender right in the pot just until the desired texture is reached. Taste for seasoning.

TO SERVE: Ladle into soup bowls and garnish with the crisp bacon pieces. Serve immediately.

Refrigerate or freeze any leftover soup.

*This soup may be prepared as many as four days in advance and refrigerated. You may also freeze the soup. Make sure to adjust the seasonings and add fresh herbs when you reheat the frozen soup.*

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Per Serving (excluding unknown items): 94 Calories; 5g Fat (43.2% calories from fat); 1g Protein; 13g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 27mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	94
% Calories from Fat:	43.2%
% Calories from Carbohydrates:	52.3%
% Calories from Protein:	4.5%
Total Fat (g):	5g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	13g
Dietary Fiber (g):	3g
Protein (g):	1g
Sodium (mg):	27mg
Potassium (mg):	390mg
Calcium (mg):	25mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	10mg
Vitamin A (i.u.):	10146IU
Vitamin A (r.e.):	1014 1/2RE

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	18mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	n n%

## Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

<b>Calories</b>	94	Calories from Fat: 41
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### % Daily Values\*

<b>Total Fat</b>	5g	7%
Saturated Fat	1g	3%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	27mg	1%
<b>Total Carbohydrates</b>	13g	4%
Dietary Fiber	3g	11%
<b>Protein</b>	1g	

<b>Vitamin A</b>	203%
<b>Vitamin C</b>	16%
<b>Calcium</b>	2%
<b>Iron</b>	3%

\* Percent Daily Values are based on a 2000 calorie diet.