

# Yellow Split Pea Soup with Tomato, Cumin and Yogurt

Yield: 6 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-yellow-split-pea-soup-recipe>

## Ingredients:

- 2 cups yellow split peas rinsed
- 2 bay leaves
- 1 teaspoon ground turmeric
- 1 dried red chile small, broken in half
- 1 quart chicken broth low-sodium if canned
- 1/4 cup ghee Indian clarified butter or vegetable oil
- 1 teaspoon whole cumin seed
- 1 medium yellow onion halved and thinly sliced
- 4 cloves garlic thinly sliced, plus 1 clove garlic, grated or finely minced
- 2 plum large, Roma tomatoes, halved lengthwise, seeded, and thinly sliced lengthwise
- sea salt or Kosher
- 3/4 cup plain whole milk yogurt
- chopped cilantro for garnish, optional

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 5 milligrams
4. Fat: 10 grams
5. Fiber: 18 grams
6. Protein: 21 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 200 milligrams
9. Sugar: 10 grams

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