

Instant Pot Vegan Split Pea Soup

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 2 cups peas dried split and sorted
- 2 green onions finely chopped
- 2 carrots diced
- 1 onion chopped
- 6 cups vegetable broth
- 1 potato chopped
- 2 rib celery chopped
- 3 garlic cloves minced
- 1 bay leaf
- 1 teaspoon paprika smoked
- 1 teaspoon basil leaves dried
- 1 teaspoon fresh thyme dried
- 1/2 teaspoon cayenne pepper
- salt to taste

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 30 grams
3. Fiber: 7 grams
4. Protein: 6 grams
5. Sodium: 1640 milligrams
6. Sugar: 11 grams

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