

Big Slurp Dumpling Soup

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-dumpling-soup-recipe>

Ingredients:

- extra-virgin olive oil a splash of, plus more to finish
- 1 onion large, chopped
- 1 vegetable bouillon cube crushed
- 4 cups water
- fine grain sea salt to taste
- 4 cups yellow split peas cooked
- 1/4 cup fresh herbs chives or dill, see headnotes
- 16 dumplings or stuffed fresh pasta equivalent
- 1/4 cup grated Parmesan cheese freshly

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 5 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 2 grams
8. Sodium: 540 milligrams
9. Sugar: 1 grams

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