

# Yellow Split Pea Soup

Yield: 4 min  
Total Time: 55 min

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

## Ingredients:

- 2 cups yellow peas dried split, picked over and rinsed
- 6 cups water
- 1 tablespoon extra-virgin olive oil
- 2 onions large, chopped
- 1/2 teaspoon fine grain sea salt
- 3 cups water
- 7 ounces greek yogurt
- 1/2 cup cucumber shredded unpeeled, deseed before shredding
- 1 clove garlic mashed and minced
- 1/4 cup fresh mint chopped
- 1 pinch salt
- olives chopped
- olive oil more, to drizzle

## Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 70 grams
3. Cholesterol: 5 milligrams
4. Fat: 16 grams
5. Fiber: 19 grams
6. Protein: 21 grams
7. SaturatedFat: 3 grams
8. Sodium: 490 milligrams
9. Sugar: 16 grams

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