YELLOW SPLIT PEA SOUP

This zesty yellow split pea soup is high on flavour, fibre and plant-based protein. It's a nice alternative to classic split pea and ham soup.

Freezer Friendly | Vegetarian | Manitoba grown

Prep Time: 10 min Cook Time: 60 min Yield: 6 servings

INGREDIENTS

2 Tbsp canola oil
1 onion, diced finely
3 carrots, diced
2 cloves garlic, minced
2 tsp cumin powder
2 tsp turmeric powder
1 tsp ginger powder
½ tsp cayenne pepper
2 cups yellow split peas, rinsed (450g/1lb)
8 cups vegetable soup stock
1 Tbsp lemon juice
Salt and pepper to taste
2 Tbsp chopped fresh parsley, cilantro or green onions

INSTRUCTIONS

- Heat canola oil in large pot over medium-high heat.
- Add onion and carrots and cook 5 minutes to soften.
- Stir in garlic and cook 1 minute.
- Add cumin, turmeric, ginger, cayenne and split peas. Heat until fragrant, 30 seconds.
- Add soup stock and bring to boil. Reduce heat, cover with lid slightly askew and simmer until peas and vegetables are tender, 45-50 minutes. Stir occasionally.
- Remove from heat and carefully puree until smooth adding water if needed.
- Stir in lemon juice. Taste and adjust seasoning.
- Serve garnished with fresh greens. Freeze leftovers.

Nutrients per serving: Calories: 350kcal | Carbohydrate: 58g
Protein: 17g | Fat: 6g | Sodium: 310mg | Fibre: 21g

Nutrition information provided by Denise Aminot-Gilchrist, UM.
Recipe developed by Professional Home Economist, Getty Stewart.

FUN PEA FACTS:

- Yellow and green split peas are seeds from different varieties of field peas. They are very similar in nutrient content, cooking time and flavour. Use either type in this recipe.
- Dried peas have been enjoyed as far back as 2,000 BC. It wasn't until the 16th century that we started eating fresh green peas.
- Dried peas and beans store well in a dry, dark cupboard and make a nutritious, affordable pantry staple.
- Manitoba has two new, state of the art pea processing plants to meet global demands.

DID YOU KNOW...

UM researchers are looking at new pea varieties that will enhance the quality of the protein found in peas. To learn more, flip the page and visit MAKEmanitoba.ca.

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FIELD PEAS

Manitoba field peas are in the spotlight for their high protein content and the potential for use in new ways. They are also an excellent source of dietary fibre, vitamins and minerals.

UM INNOVATIONS LEAD THE WAY

Dr. James House leads research to maximize the potential nutritional benefits of peas grown across the prairies. In collaboration with pea breeders and the pea processing sector, they are developing new tools to quickly and accurately determine the nutritional quality of protein in peas.

Dr. Jitendra Paliwal's research examines how processing and storage conditions influence protein quality. This research will help determine optimal milling and blending practices to retain the functional and nutritional benefits of peas and other pulses.

In the field, research by UM plant and soil scientists is providing farmers with information to grow a highquality pea crop while managing pests and protecting soil health.

GIVE PEAS A CHANCE

Yellow field peas contain an amazing 22-24% protein. But the make-up of these proteins and current food labelling regulations make it difficult to promote the protein value of peas on food labels. Improving the quality of pea protein will address this challenge.

UM research is helping to better understand pea proteins and their potential as a plant-based protein food or ingredient in other food products.

WHAT DOES THIS MEAN?

UM pea protein research has the potential to lead to:

New pea varieties that have a more optimal amino acid profile (the building blocks of protein) to make prairie peas even more beneficial to our overall health.

New food labeling to better promote the protein value of yellow peas as a whole food or as an ingredient in plant-based foods.

More high quality, plant-based protein foods to help consumers increase their consumption of plant-based proteins as recommended by Canada's Food Guide.

DID YOU KNOW...

Manitoba farmers use Environmental Farm Plans to ensure their practices are sustainable. Learn how UM research is helping at MAKEmanitoba.ca.

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