



Southwestern Yellow Split-Pea Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



8

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoons chipotles in adobo canned minced
- 10 ounce canned tomatoes diced with green chilies (mild or hot, depending on taste) canned
- 1 cup carrots sliced
- 2 teaspoons chili powder
- 0.5 teaspoon cumin
- 2 cups ears corn fresh
- 3 cloves garlic minced
- 8 servings pepper black to taste

- 1 large onion chopped
- 8 servings tomatoes chopped for garnish
- 1.5 teaspoons oregano
- 0.5 roasted peppers red chopped (or 1 roasted pepper)
- 8 servings salt to taste
- 7 cups water hot
- 1 pound peas split yellow (or chana dal)

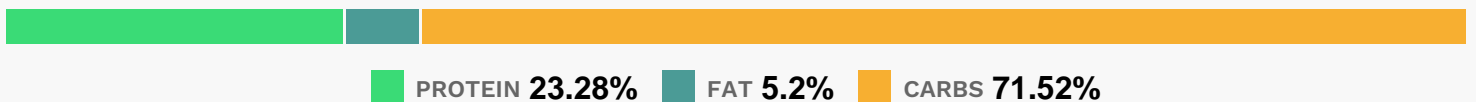
Equipment

- bowl
- pot

Directions

- Add the garlic and cook one more minute.
- Add the split peas, chipotle, water, carrots, chili powder, cumin, and oregano. Seal the cooker and bring to high pressure. Cook for 9 minutes at high pressure.
- Remove from heat and allow pressure to come down naturally. You can also do this in a regular pot—just cook covered on very low heat until the split peas are tender, about 1 1/2 hours, stirring regularly. You will need to start with a little more water (try 8 cups) and add more as needed. Open the cooker and add all remaining ingredients except garnish. Taste and add additional chipotles, chili powder or other seasonings as needed, and add additional water if it seems too thick. Cook uncovered on low for at least 15 more minutes.
- Serve in bowls with garnishes on top.

Nutrition Facts



Properties

Glycemic Index:22.98, Glycemic Load:2.86, Inflammation Score:-10, Nutrition Score:27.993913038917%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg

Nutrients (% of daily need)

Calories: 282.64kcal (14.13%), Fat: 1.74g (2.68%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 53.9g (17.97%), Net Carbohydrates: 34.95g (12.71%), Sugar: 14.04g (15.6%), Cholesterol: 0mg (0%), Sodium: 282.8mg (12.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.54g (35.09%), Vitamin A: 4535.39IU (90.71%), Fiber: 18.95g (75.8%), Manganese: 1.19mg (59.72%), Folate: 208.48µg (52.12%), Vitamin C: 35.22mg (42.69%), Vitamin B1: 0.58mg (38.35%), Potassium: 1251.86mg (35.77%), Copper: 0.71mg (35.26%), Phosphorus: 305.77mg (30.58%), Magnesium: 111.11mg (27.78%), Vitamin K: 28.81µg (27.44%), Iron: 3.99mg (22.16%), Vitamin B6: 0.39mg (19.68%), Vitamin B3: 3.88mg (19.42%), Zinc: 2.38mg (15.84%), Vitamin B5: 1.54mg (15.42%), Vitamin B2: 0.22mg (12.89%), Vitamin E: 1.66mg (11.09%), Calcium: 89.05mg (8.9%), Selenium: 1.57µg (2.24%)