

Creamy Split Pea Soup

Posted on [Entertain the Possibilities](#) blog
Recipe source: Ann Johnson

INGREDIENTS:

- 2 tablespoons extra virgin olive oil
- 1 large onion, chopped
- 2 large carrots, chopped
- 1 tablespoon minced garlic
- ¼ teaspoon red pepper flakes
- 1 bay leaf
- Salt and pepper
- 16 ounces dried green split peas, rinsed and picked through to remove debris
- 64 ounces chicken or vegetable stock (or you can substitute water)
- 1 smoked turkey leg or wing

DIRECTIONS:

- In a large pot or Dutch oven heat oil over medium high heat.
- Add onions and carrots and sauté until tender, about 5 minutes.
- Stir in garlic, red pepper flakes, bay leaf, and 1 teaspoon salt; sauté for 2 minutes.
- Stir in peas and stock and smoked turkey leg or wing.
- Bring to a boil, then reduce heat and simmer uncovered, stirring occasionally, for approximately 45 minutes or until the peas are quite tender.
- Turn off the heat. Remove the bay leaf and turkey leg/wing.
- Use an immersion blender in the pan until the soup is smooth.



- If desired, cut some meat from the turkey leg and add it back into the soup.
- Taste the soup and add salt and pepper as needed.