

Split Pea & Barley Soup

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Ingredients

2 cups split peas
6 cups water
4 cups chicken broth
1 sm. onion – minced
1 lrg. clove garlic – minced
2 tsp. lemon juice
1 tsp. salt
1 tsp. granulated sugar
1/4 tsp. parsley flakes
1/4 tsp. white pepper
1 dash dried thyme
1/2 cup barley
6 cups water
2 med. carrots – diced
1/2 stalk celery – diced

Directions

Rinse and drain the split peas, then add them to a large pot with 6 cups of water, chicken broth, onion, garlic, lemon juice, salt, sugar, parsley, pepper, and thyme.

Bring to a boil, then reduce heat and simmer for 75 minutes, or until the peas are soft.

While the peas are cooking, combine the barley with 6 cups of water in a saucepan.

Bring to a boil, then reduce heat and simmer for 75 minutes, or until the barley is soft and most of the water has been absorbed.

(This step is optional) Puree the pea mixture until smooth with a handheld mixer or in the blender.

Drain the barley mixture in a colander and add it to the pea mixture.

Add the carrots and celery and simmer, stirring occasionally, for 15-30 minutes, or until the carrots are tender.

Remove from heat and allow to sit for 15 minutes before serving.