

Rustic Three-Pea Comfort Soup

A warm, hearty soup blending green peas, yellow split peas, and chickpeas for a comforting rustic meal. Infused with fresh herbs and a hint of garlic, it's a nourishing bowl perfect for cozy evenings.



Soup

35 min

Total time

Easy

Difficulty

320

kcal / serving

Ingredients

- 1/2 cup fresh or frozen green peas
- 1/4 cup yellow split peas
- 1/4 cup canned chickpeas, drained and rinsed
- 1 small shallot, finely chopped
- 1 garlic clove, minced
- 1 cup vegetable broth
- 1/2 tsp olive oil
- Salt and pepper to taste
- A sprig of fresh thyme or parsley for garnish

Steps

- 1 Rinse yellow split peas thoroughly and soak for 10 minutes if desired.
- 2 In a small pot, heat olive oil over medium heat. Add shallot and garlic, sauté until fragrant and translucent.
- 3 Add yellow split peas and vegetable broth to the pot. Bring to a boil, then reduce to simmer for 20 minutes or until peas are tender.
- 4 Add green peas and chickpeas, simmer for another 10 minutes.
- 5 Use an immersion blender or transfer half of the soup to a blender and purée until smooth for a creamier texture, then stir back into the pot.
- 6 Season with salt and pepper to taste.
- 7 Serve hot, garnished with fresh thyme or parsley.