



## Seven Minute Split Pea Soup

**Easy, easy, easy. Delicious, delicious, delicious. A constantly requested favorite at my house, this quick and simple soup really takes just about seven minutes to prepare. Serve with a garnish of fat free croutons, a dollop of fat free sour cream, or sourdough bread on the side.**

<ul style="list-style-type: none"><li>• 2 Fifteen ounce cans peas with liquid</li><li>• 2 Fat Free Hot Dogs</li><li>• 1/2 teaspoon onion powder</li><li>• 1 can water</li><li>• 3-4 dashes Tabasco sauce, or to taste</li><li>• ground pepper, to taste</li></ul>	<ul style="list-style-type: none"><li>• Servings per recipe: 4</li><li>• Calories: 126</li><li>• Total Fat: 0.61g</li><li>• Saturated Fat: 0.11g</li><li>• Percentage of Calories from Fat: 4%</li><li>• Cholesterol: 7mg</li><li>• Sodium: 864mg</li><li>• Carbohydrates: 21g</li><li>• Protein: 9g</li></ul>
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**Place one can of peas, one can of water and the remaining ingredients into a blender. Blend at high until pureed. Pour into a 3 quart sauce pan. Puree remaining can of peas. (Most blenders are not large enough to puree all ingredients in one batch, if you own a VitaMix Blender or a food processor you can mix the whole recipe in one container.) Combine into sauce pan with first batch. Heat and serve. Serves 4.**

**Note 1: If soup is held in pot to keep warm or refrigerated it may become thickened. If thinning is desired add a touch of water or broth to desired consistency. If you prefer a thicker soup, add a bit less water than one can.**

**Note 2: If sodium intake is a concern, reduce sodium count by replacing regular canned peas with “no salt added” or reduced salt canned peas. This will reduce the sodium count by almost 600mg per serving.**