

Split Pea & Bacon Soup

Recipe makes 6 meals

Ingredients

- 16 oz bag Split Peas, rinsed
- 12 oz Bacon, raw, chopped
- 6 cups Beef Broth
- 2 cups Water
- 1/2 cup Shredded Parmesan
- 4 Garlic Cloves, chopped
- 2 large Carrots, peeled, chopped
- 1 small Yellow Onion, chopped
- 1/2 Tbsp Dried Thyme
- 1/2 Tbsp Smoked Paprika
- 2-3 Bay Leaves
- Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 354

Fat - 13g

Carbohydrates - 53g

Protein - 30g

***Fiber - 19g**

**Estimated Cost
Per Meal**

\$1.80

   @zachcoen

www.mindbodyandnutrition.com

Instructions

- 1. Start by placing a large pot over medium-high heat and add in your chopped bacon. Cook until bacon is crispy and fat is rendered.**
- 2. Once your bacon is cooked, remove it from the pot, set it aside, and drain most of the bacon fat, leaving just a little behind.**
- 3. Return that same pot back to the stove and add in your chopped onions. Cook until onions are translucent, then add in your chopped garlic and cook for another 30 seconds.**
- 4. Next, add in your rinsed split peas, chopped carrots, 1/2 Tbsp dried thyme, 1/2 Tbsp smoked paprika, 2-3 bay leaves, and mix all of that together.**
- 5. Add half of your cooked bacon back into the pot, along with 6 cups of beef broth, and 2 cups of water. Mix well and bring to a boil.**
- 6. Once your soup starts to boil, reduce the heat to a simmer, cover, and let this continue to cook for about 60 minutes, stirring occasionally.**
- 7. After 60 minutes, remove the lid and check the consistency. If you want it to thicken up more, let it continue to cook for another 10-20 minutes, uncovered, to reduce down a bit.**
- 8. When the soup reaches your desired consistency, remove the bay leaves, give the soup a taste, and add salt and pepper to preference.**
- 9. Portion your soup out into your meal containers and top with a little parmesan cheese and your remaining bacon.**
- 10. Enjoy!**



@zachcoen

www.mindbodyandnutrition.com

Notes

- **This soup is loaded with fiber, protein, and flavor! Feel free to add any extra veggies to fit your preference.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**



@zachcoen

www.mindbodyandnutrition.com