



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

5 Spice Yam Yellow Split Pea Soup

Savor the flavors of the season with this rich, warming soup featuring yellow split peas and a variety of exciting spices. Just one cup of cooked yellow split peas provides 16 grams of protein with just a trace of fat. Split peas are packed with other important nutrients too, including calcium, iron, magnesium, copper, selenium, folate and choline.

Recipe contributed by [Claudia's Mesa](#)

INGREDIENTS

SOUP

- 2 medium peeled yams, cut in 1" cubes (about 2 cups)
- 2 tbsp olive oil
- 1 large carrot, chopped
- 1 medium chopped parsnip
- 1 small chopped sweet onion
- 8 cups water
- 1 ½ cups dried yellow split peas
- One 13.5 oz can unsweetened coconut milk
- 1 tsp salt, or to taste
- ½ cup chopped Spanish peanuts, as garnish
- ½ cup chopped cilantro, as garnish
- ¼ cup Thai basil, as garnish

5-C SPICES

- 2 tbsp Madras yellow curry powder
- 2 tbsp ground cumin
- 2 tbsp chipotle chili powder, or smoked paprika
- 2 tbsp kosher salt
- 1 tbsp ground cilantro
- 1 tsp cinnamon

INSTRUCTIONS

1. Heat oven to 375. In a bowl add the spice mix and 1 tbsp of the olive oil. Add the yams.
2. Toss the bowl so yams coat evenly.
3. Line a cookie sheet with parchment paper and place the yams so they are spaced and can roast throughout.
4. Roast for about 30 minutes or until yams are soft and caramelized.
5. Meanwhile, in a soup pot, heat the remaining tablespoon of olive oil. Add the carrot, parsnip, and onion and saute for about 4 minutes. Season with salt.
6. Add 3 cups of the water and the peas and bring to a boil.
7. Lower heat and cover. Simmer for about 45 minutes to an hour, or when peas are tender.
8. Add 3 more cups of the water and stir. You will notice mixture is beginning to thicken. Cover.
9. Add the cooked yams to the pot with the peas.
10. You may have to add the last 2 cups of water so that the soup is creamy. Cover until the peas are cooked.
11. Puree with an immersion blender.
12. Finish the soup with the coconut milk. Stir and allow the soup to warm up.
13. Portion in 4 bowls and top with peanuts and herbs.

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