

Savory Mediterranean Split Pea Soup (Vegan + Hearty + Delicious)

Savory Mediterranean Split Pea Soup



TIME
10 min

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INGREDIENTS

- 1 ½ cups dry green split peas, rinsed
- 4 cups water, for initial boil
- 3 tbsp olive oil
- 1 large onion, chopped
- 2 medium carrots, chopped
- 4 cloves garlic, minced
- 6 cups vegetable broth
- ½ cup sun-dried tomatoes, chopped
- 1 tbsp fresh rosemary, chopped
- 2 bay leaves
- ½ tsp dried thyme
- 1 tsp dried marjoram
- 1 tsp smoked paprika
- 1 tsp sea salt, more to taste
- ½ tsp black pepper
- 2 tsp Dijon mustard
- ... cup chopped parsley

Juice of ½ lemon

? Ingredient Notes & Swaps:

Sun-Dried Tomatoes: Use oil-packed for the richest flavor, but dry-packed works if rehydrated.

Rosemary: Fresh is best, but substitute 1 tsp dried if needed.

Dijon Mustard: Adds subtle tang and complexity; don't skip it!

Want extra veggies? Add zucchini or spinach in the

last 10 minutes of cooking.

Make it spicy: Add a pinch of red chili flakes if you like heat.

??? Step-by-Step Instructions:

1. Soften the Split Peas:
2. SautØ the Aromatics:
3. Build the Flavor:
4. Simmer the Soup:
5. Finish and Brighten:

? Tips for Success:

Don't overcook the peas in step 1-they'll finish cooking in the final simmer.

Stir occasionally during the final simmer to prevent sticking.

For a smoother soup, blend a portion with an immersion blender before adding parsley and lemon.

Let it rest before serving-flavors deepen after 15 minutes off heat.

DIRECTIONS

1. Soften the Split Peas: Bring the rinsed split peas and 4 cups of water to a boil. Simmer for 30 minutes until slightly tender, then drain and set aside.
2. SautØ the Aromatics: In a large soup pot, heat olive oil over medium heat. Add chopped onions and cook for 10 minutes until golden. Stir in garlic and carrots and cook for another 5 minutes.
3. Build the Flavor: Add the sun-dried tomatoes, rosemary, bay leaves, thyme, marjoram, paprika, salt, and pepper. Stir well and cook for 1-2 minutes.
4. Simmer the Soup: Pour in the vegetable broth and add the cooked split peas. Bring to a gentle boil, then reduce to low and simmer uncovered for 30 minutes, stirring occasionally.
5. Finish and Brighten: Once the peas are tender and the broth is slightly thickened, stir in Dijon mustard, lemon juice, and fresh parsley. Taste and adjust salt or pepper as needed.
6. ? Tips for Success: Don't overcook the peas in step 1-they'll finish cooking in the final simmer.
7. Stir occasionally during the final simmer to prevent sticking.
8. For a smoother soup, blend a portion with an immersion blender before adding parsley and lemon.
9. Let it rest before serving-flavors deepen after 15 minutes off heat.
10. ? Serving Suggestions & Pairings: Serve with warm crusty bread or pita wedges.
11. A drizzle of olive oil or coconut yogurt adds a luscious finish.

12. Pair it with this A : Light, Tangy Chicken Salad for a refreshing contrast.
13. Try with : Sheet Pan Quesadillas for a filling dinner duo.
14. Or sip alongside : This Blueberry Lemonade for a refreshing, summery balance.
15. ? Storage & Leftover Tips: Refrigerate in airtight containers for up to 5 days.
16. Freezer-friendly: Store in freezer-safe bags or containers for up to 3 months.
17. Reheat gently on the stove or in the microwave, adding a splash of broth or water as needed.
18. ? More Recipes You'll Love: This Cajun Chicken Sausage Gumbo - Cozy and bold.
19. These : Easy Pumpkin Spice Muffins - A perfect sweet treat on the side.
20. A Light, : Tangy Chicken Salad
21. These : Sheet Pan Quesadillas
22. This : Blueberry Lemonade
23. ? Final Thoughts: This Mediterranean Split Pea Soup is a flavor-packed, nourishing dish that proves you don't need meat-or even dairy-to create a rich and satisfying bowl. It's a healthy go-to for cozy nights and meal prep alike. If you try this recipe, I'd love to hear how you liked it! Leave a comment, share your tweaks, and don't forget to follow for more delicious inspiration.
24. Let the comfort begin! ??

SWAPS & NOTES

& Swaps Sun-Dried Tomatoes : Use oil-packed for the richest flavor, but dry-packed works if rehydrated.

Rosemary : Fresh is best, but substitute 1 tsp dried if needed.

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